

WINTER GEAR GUIDE!

AWESOME
COLD-WEATHER
GEAR INSIDE!
P45



RUNNER'S

WORLD

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SLIM DOWN WITH OUR
EXPERT NUTRITION
PLAN p61

**BEST TIMES
TO RUN,
EAT, DRINK,
STRETCH
AND GO TO
SLEEP**

p41

50

**BEST FOODS
FOR RUNNERS**

Bonus: Includes Beer!
p54

**RUN YOUR FIRST
(OR FASTEST) 5K**

p32

32

**GREATEST PLACES
TO RUN IN SA**

EXPERT BUCKET-
LIST ROUTES

BEGINNERS

**BEAT THE SNOOZE BUTTON...
EVERY DAY!**

p34

JULY 2015

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32 GREATEST PLACES TO RUN IN SOUTH AFRICA

68 From the grasslands of Mpumalanga, to the forest tracks of Karkloof, and the scenic splendour of coastal rock hopping, our leading runners share their favourites.

COMPILED BY LISA NEVITT

ON THE COVER

Winter Gear Guide.....	45
Recipes For Success.....	61
The Perfect Day.....	41
Greatest Places.....	68
Winter Training Ideas.....	34
50 Best Foods.....	54
First Or Fastest 5K.....	32

54 50 BEST FOODS FOR RUNNERS

The ultimate ingredients to fuel your runs, speed your recovery, and supercharge your immune system.

COMPILED WITH DR DAVID
NIEMAN AND DR PHIL
MAFFETONE

61 COOKING ON THE RUN

Delicious, healthy recipes – guaranteed to help you get lean.

BY RW
CONTRIBUTORS

78 HOW THEY WON THE COMRADES

In May, Caroline Wöstmann became the first South African women's winner of the Comrades Marathon since 1998, and Gift Kelehe the champion. Their coaches share the nerves, the celebrations – and how they did it.

BY LINDSEY PARRY & JOHN HAMLETT

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19



40



44

HUMAN RACE

- 19 **Allan Rimmell** The consciousness coach who could change our approach to racing.
- 21 **The Singlet** He knows it all.
- 22 **I Ran It Off!** A draughtsman goes back to the drawing board.
- 23 **By The Numbers** Meet Suzy Walsham, tower racer.

PERSONAL BEST

TRAINING

- 32 **5-Ks for All!** When it comes to building strength while having fun, five kays is where it's at.
- 34 **The Starting Line** Cool ideas for cold winter days.
- 35 **Ask The Experts** Which muscles should I foam-roll?
- 36 **Race Prep** Think you're only good at short – or long – races? Simple training tweaks will have you crossing over in no time.
- 37 **The Fast Lane** Simulate steamy conditions during winter training to race well come summer.

FUEL

- 38 **Worth Your Salt** How much sodium do runners really need?



- 40 **Quick Bites** Healthy snacks before you snooze can help you feel (and run) better in the morning.

MIND+BODY

- 41 **A Perfect Day** Do everything – run, eat, sleep – at the right time to maximise success.
- 44 **The Body Shop** Perfect on-the-run posture with these core-strengthening moves.

GEAR

- 45 **The Winter Gear Guide**
- 49 **New Gear**
- 50 **The Shoe Test**
Asics Gel Nimbus

RACES+PLACES

- 82 **Featured Race**
Salomon Bastille Day Trail Run
- 84 **Race Diary**

COLUMNS

- 26 **Planet Runner**
THE PET PEEVE MENAGERIE
MATHEW LOVE
- 90 **Back of the Pack**
BODY OF EVIDENCE
BY BRUCE PINNOCK



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WORTH RAVING ABOUT

This month, RW celebrates the greatest places to run in South Africa, as chosen by our leading runners (see page 68). For more inspiring places, check out our rave runs online at runnersworld.co.za/wallpapers



ON THE COVER

JULY 2015



Umdoni Park Nature Reserve: One of the secret treasures in Pennington, KZN, this birding paradise is also one of SA's greatest places to run: Wild, spectacular and challenging. (Now turn to page 68 for more great places to run in SA)

Runner – James Hallett

Photographed by
Kelvin Trautman

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WARM-UP

THE LOOP

THE INBOX

WINNING LETTER RUN FOR YOURSELF

In 2005 I convinced my husband, an experienced runner, that I would run the Wally Hayward 10km. I finished the race in 1 hour and 20 minutes, and he couldn't believe it had taken me so long. But 10 years later I've run too many races to count, and I'm training for my first Comrades. My point is we all start somewhere, whether that's running from pole to pole, or around the block. We shouldn't compare ourselves to more experienced runners – because once, they were there too. - DIA HARVEY, JOHANNESBURG

A RIVETING RUNNING READ

Gill Chapman's *The Beginning Of The Start* (RW May 2015) was an absolute must-read. In fact, I devoured it no fewer than a dozen times. Chapman has complete 20/20 vision of the modern gym junkie, and also of what makes the simple act of running outdoors so exhilarating. She captures, in the best of humour, what makes runners more humble – and often less self-absorbed – than the rest of the sporting world. Please, sir – can we have some more? - VERNON LOKER, PINETOWN/KLOOF

THAT'S SO CLICHÉD

Nowadays, being a runner has become a cliché. I mean, how many times do we hear phrases like 'running changed my life', and 'running keeps me going'? If someone tells me they're a runner, I automatically assume that he or she is happy, fit, healthy, and on the way to the top. But with all these exciting outcomes stemming from this activity, it's a good one – and I'm happy to be part of it. - MART-MARI VAN DER MERWE, MODIMOLLE

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This month's winning letter will receive a **Wahoo Fitness Blue HR Heart Rate Strap**, valued at R900. The Wahoo Fitness Blue HR Heart Rate Strap connects wirelessly to your Bluetooth 4.0-enabled iOS device (no adapters needed!), and delivers accurate, real-time heart-rate data through the free Wahoo Fitness App. You now have heart-rate data, playlists, your phone, GPS maps and more – all on one device! **Write to: Runner's World, PO Box 16368, Vlaeberg, 8018; Fax: 021 408 3811; or email: rwletters@media24.com** (letters must be no longer than 100 words and must include your name, address and telephone number or email address).

READER COMMENTS



One thing I've learned: the uphill ahead always looks a lot tougher than it actually is when you're approaching it on the downhill slope. - **Steve**

As I entered the stadium at Durban, and I saw the green grass under my feet, I realised I'd just finished my first Comrades Marathon. All the aches and pains I'd had for the whole day just seeped out of my body.

Euphoria.
- **Wilandi van der Westhuizen, on her first Comrades Marathon.**

POLL

Do you follow the international racing circuit (for example, the New York Marathon)?

Oh yes! It's exciting and motivating to watch the great elites.

31%

I keep an eye on what's going on, but won't watch the whole race.

45%

Nope, not interested.

15%

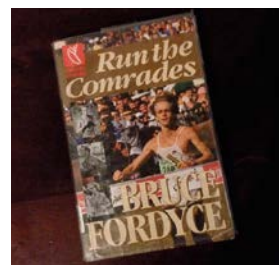
Huh?

9%

THE GALLERY

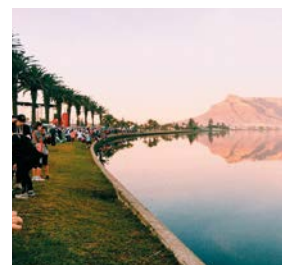
#INSTARWRUN

We asked runners to show off their race experiences. Here are four submissions that made us envious.



Last minute cramming before the big test.

- **bertussnyman**



Race start.

- **stacey_lees**



Last race for May. Awesome one!

- **khethamasango**



FNB CT12 One Run

- **crystlelynnemoore**

TWEET OF THE MONTH

#THEBEASTTRAIL.

Leading men Christiaan Greyling, Dion Middelkoop and Bernard Rukadza stopped and posted a selfie during the inaugural Two Oceans.

**"TOP THREE
ABOUT TO TACKLE
CORRIDOR RAVINE."**
- @CHRISTIAANGREY



THE STATS

58

Per cent of runners track their runs with a GPS or smartwatch

27

Per cent use a mobile app

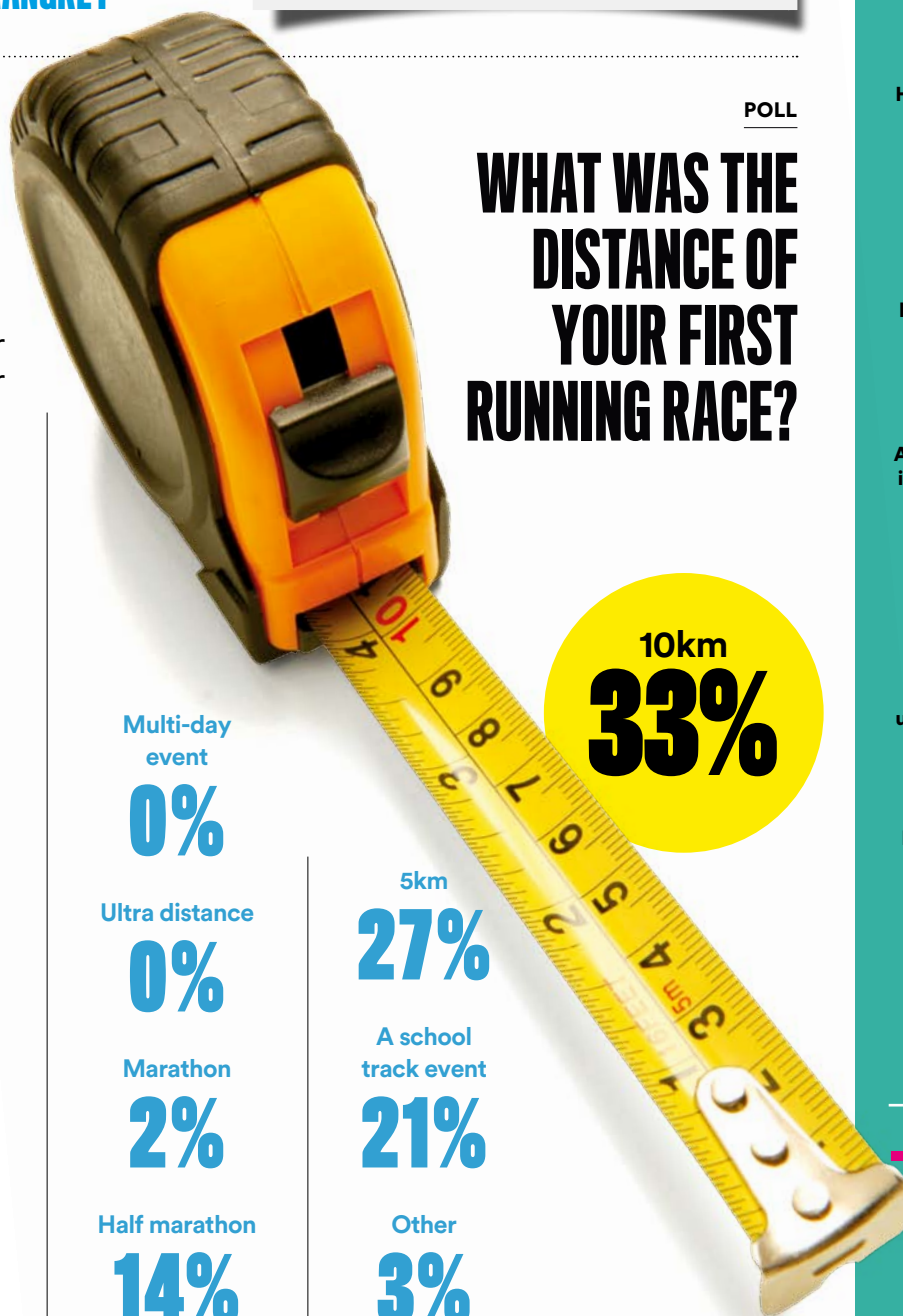
8

Per cent use a normal watch

7

Per cent don't track their workouts at all

Based on 4 278 responses to an online poll



POLL

**WHAT WAS THE
DISTANCE OF
YOUR FIRST
RUNNING RACE?**



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THE QUESTION

If you could wake up tomorrow and run anywhere in the world, any distance, where or what would it be?



"Through the Himalayas, where I can see all three highest peaks – including Everest." – Hannes Pretorius

"I'd run to heaven to hug my sister. I wouldn't care how long it took." – Natalie Michelle Gibson

"I've always wanted to run in Kenya or Ethiopia. And the Antarctic Ice Marathon is on my bucket list." – Richard Wylde.

"Around the lake in Oregon, and go for a swim afterwards." – Warwick Merryweather

"I'd run in Mumbai, until my willpower was finished." – Srinivas Dokare

"Italy: through the biggest park in Rome, or along the shores of Lake Como and Lake Garda." – Sandy Lawrenson

"Through Yosemite National Park. Beautiful." – David Nimmo

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AFTER YOUR RACE
TO SHARE YOUR
EXPERIENCE.

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CAPE TOWN CITY CENTRE

PHOTOGRAPHS BY

Nick Muzik

WORDS BY

Ryan Scott

RUNNERSRyan Scott and Alexandra
Salvino**GPS LOCATION**

33°55'15" S 18°25'4" E

GRADING

In this bowl-shaped city, there aren't many route options that don't include a steep climb towards a mountain slope. But the good news on this particular route is that the altitude gains are negligible, rendering it nearly flat.

TERRAIN

A mixture of tarmac, concrete pavements and paved streets. There are wide, open lanes seldom used by vehicles, bustling roads in the city centre, a generously-broad Fan Walk created with pedestrians and cyclists in mind, and the flowing spaces of the V&A Waterfront, lit up with warm light that's thrown back from the gentle ripples of water in the harbour.

BEST TIME TO RUN

Early morning, and after 6pm. The traffic in the centre of the city is no fun to negotiate during business hours; but shortly after the evening rush hour (or before the masses arrive at work in the morning) the traffic abates. Avoid Long Street after 8pm on weekends, though.

DURATION

It's the kind of run that invites you to take a detour and explore a parallel street, so add on a couple of minutes for photo opportunities with some of Cape Town's iconic





landmarks. Our version of this run varies; but we almost always finish in under an hour, running at a pace of five minutes a kay.

DISTANCE

11km.

THE RUN

Running on Cape Town's streets after dark seems to feed you with energy. Start your run in vibrant Long Street, heading southwards in the direction of the illuminated Table Mountain. Turn 180 degrees and head back along Bree Street – a good place to decide which beer house or tapas restaurant you'd like to visit after your run. Towards the bottom of Bree, take a sharp left onto the Fan Walk, of 2010 FIFA World Cup fame. Continue over the pedestrian bridge on Buitengracht, and follow the Fan Walk all the way to the Green Point Circle – the beauty of this section is that there's no traffic. Next up is the V&A Waterfront, to embrace the smells and sounds of Cape Town's working harbour. This is my favourite part, weaving through basins with ample space, and enjoying the very runnable old thoroughfares between the boats, cranes and waterways. Cross the second pedestrian bridge, outside the Cullinan Hotel, which takes you out of the Waterfront and back to Bree Street – perhaps for a closer inspection of those beer houses and tapas bars!

GETTING THERE

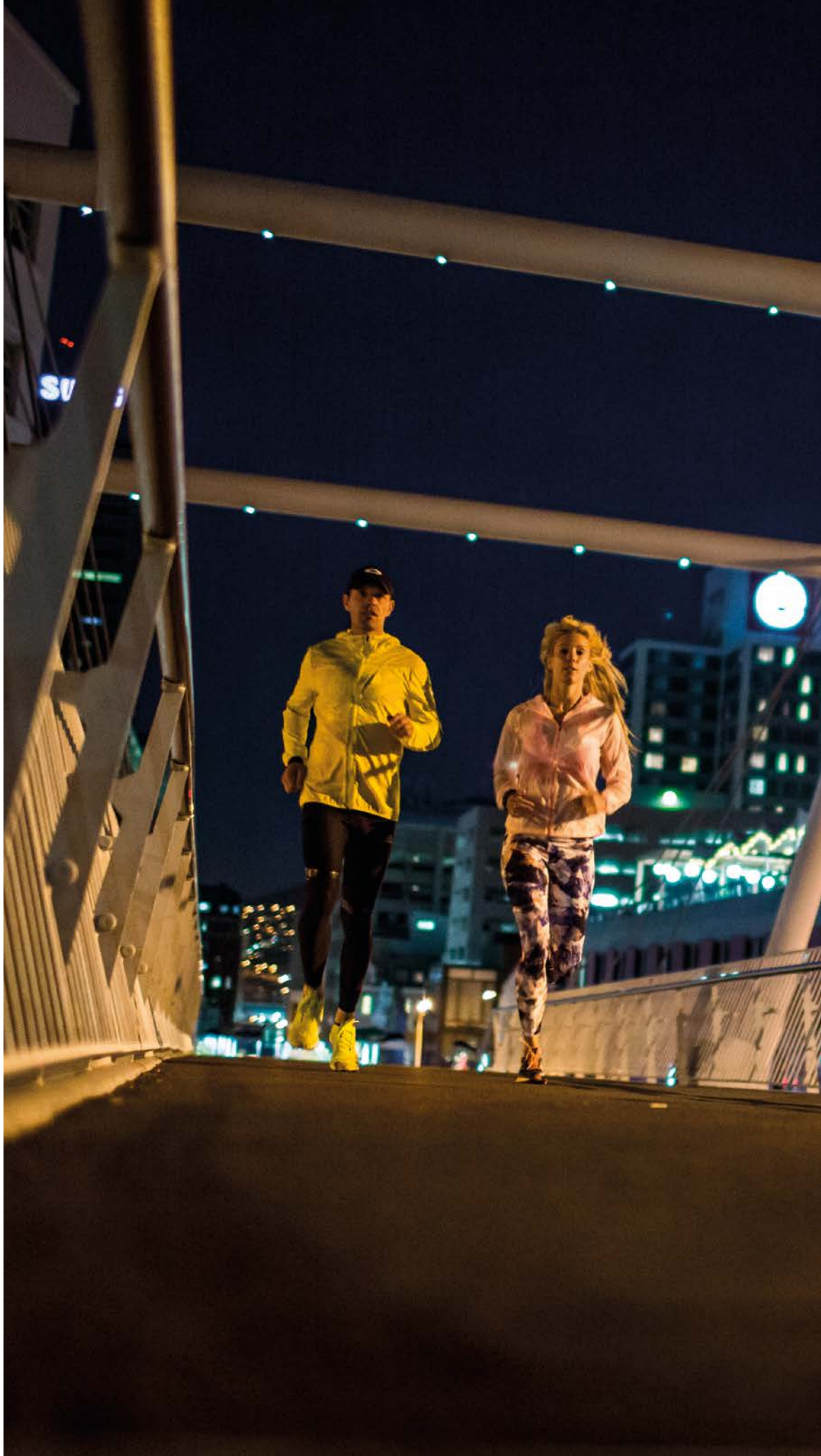
Park your car in the Heritage Square (bordered by Buitengracht, Hout, Bree and Shortmarket streets) pay-and-display. From there, head a few blocks east towards Long Street.

INSIDER TIP

Cape Town's historical and cultural spots, and trendy eateries and bars, are best enjoyed after dark. You'll experience the city in a whole new light. 



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YOUR GREATEST RUNS



Our greatest runs are sometimes the ones closest to our doorstep

We live in a beautiful country. It's a fact. From the sunny grasslands of the Highveld to the tropical forests of KZN, the long farm roads in the Free State and the mountains of the Western Cape, South Africans are blessed with running routes and experiences as varied as FIFA bribery excuses.

In this issue, Ryan Scott, our *RW* Gear Editor, collaborated with photographer Nick Muzik to bring you an urban run through Cape Town as our Rave Run (p12). As I was reading Ryan's story, I was suddenly struck by the awesomeness of something that's literally on our doorstep here in the Mother City.

Sure, it's great to travel to exotic locations, or run deep into the mountains, but often the greatest places we run are the routes closest to us: that evening jaunt around the neighbourhood, the local time trial, the park that's an oasis in a bustling city. A friend of mine once described her favourite run as the one she did with friends once a week, up the staircases at Sandton Towers.

Over the last few weeks I've hooked up with some friends for a Saturday morning trail run. Each week one of our number chooses the route and the start venue, and buys the coffee afterwards. The routes are all within a 10-minute drive of our houses, and there's a great deal of mutual encouragement. It's a chance for us to share our greatest routes with our friends, and discover new ones in the process.

Last week, route leader Dave took us on a trail that had us clambering up quad-burning stairs and along rock-strewn paths, which made running

difficult, but the fun factor high.

At 1.93m tall, my centre of gravity is a little higher than most, so technical trails are not exactly my forte. But after we'd scrambled up the last flight of stairs to the highest point on the route, it was worth the sweat and the burn, even for me.

Next week it's my turn, I'm going to lead our troupe on one of my favourite runs in Cape Town, starting from Cecelia Forest – where the course is challenging, but thoroughly runnable (a prerequisite for a running route, in my assessment!).

And so to this month's special edition of *Runner's World*...

On this month's cover, as you'll have noticed, we've forgone our usual photo of a runner, and chosen an image that celebrates one of the greatest places to run in South Africa – down the south coast, in KZN. In an attempt to narrow down the hundreds of amazing running routes we're blessed with, we interviewed some of the most respected runners in the country, and asked them for their favourites.

We admit that our list is far from comprehensive, since there simply wouldn't be enough space in this magazine to list every single great run in SA; but we hope that, at the very least, it'll be a starting point and an inspiration.

We'd like to add to our list every year; so that wherever you go, you'll always be able to find a running route – no matter how far you are from your own doorstep.

Share your favourite running routes with us on Twitter or Facebook, with the hashtag #greatrunsSA. The more opportunities we have to explore our land, the better. 

MIKE FINCH
EDITOR-IN-CHIEF @MikeFinchSA

THIS MONTH WE WERE...

...Inspired by Alan Rimmell, Awareness Mentor And Coach

"My interest in mindfulness was sparked at a talk by Professor Tim Noakes. He said it's been scientifically proven that if a golfer is thinking of anything else when playing a shot, the shot doesn't go as intended. I'd already explored the concept in the past, but only in helping employees to control their thinking in an extremely stressful corporate environment. After Noakes's talk, I believed I could pass on both the methodology and the understanding of mindfulness to professional sportsmen and -women."



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"WHO IS THIS PERSON STARING BACK AT ME?" RICK VAN TONDER'S WEIGHT-LOSS INSPIRATION p22

HUMAN() RACE

NEWS, TRENDS, *and* REGULAR RUNNERS

doing AMAZING THINGS

MEET THE
GURU

ALLAN RIMMELL

AGE: 36

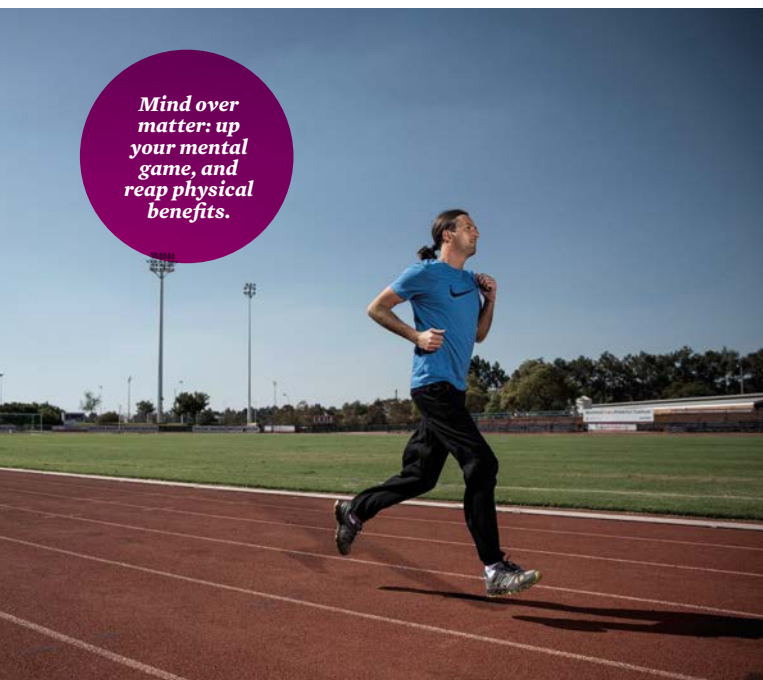
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JOB TITLE: AWARENESS
MENTOR AND COACH

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INSPIRED BY THE IDEA THAT A STRONGER MIND MAKES A BETTER ATHLETE, ALLAN RIMMELL HAS DESIGNED A CONSCIOUSNESS COURSE THAT COULD CHANGE THE WAY YOU APPROACH RACING. →

Mind over matter: up your mental game, and reap physical benefits.



My interest in mindfulness was sparked at a talk by Professor Tim Noakes. He said it's been scientifically proven that if a golfer is thinking of anything else when playing a shot, the shot doesn't go as intended. I'd already explored the concept in the past, but only in helping employees to control their thinking in an extremely stressful corporate environment. After Noakes's talk, I believed I could pass both the methodology and understanding

Seme, the athletics coach at the University of Pretoria, and he suggested I chat with his athletes to see if they were interested in attending my Conscious Sports Course. Four athletes committed.

Versatile SA distance runner Sikhumbuzo Seme is one of the athletes who's used conscious running in a race. During the Unite Nelson Mandela 27km race he injured his foot, 11 kilometres in. His initial reaction was to

“Initially, the key is to use **the mind** to set positive beliefs...”

of mindfulness on to professional sportsmen and -women.

The course I designed is based primarily on what I learned from reading and applying the methodology of Eckhart Tolle's *The Power of Now* and *A New Earth*. I've also completed a diploma as a consciousness coach, which enables me to ask empowering questions.

I explained my beliefs to Michael

stop running; but because he had committed to a top 10 finish, he chose instead to focus on maintaining his state of mind, and on running 'in the moment'. He ended up finishing eighth, and reported that the pain had subsided.

Initially, the key is to use the mind to set positive beliefs, and then move towards operating primarily off consciousness (awareness). Consciousness is

what is left, and who we are, when we are 100% connected to our senses and the present moment, with no thoughts or emotions.

Focus is fundamental to making conscious running work. By directing the focus of our attention away from thinking, we start to experience a higher level of consciousness. As our level of consciousness grows with time and practice, so too will our ability to perform at higher levels.

To overcome thoughts and emotions you must exist connected to the present moment. I teach my clients to listen to the sounds of the birds, and to feel each foot as it touches the ground, as these events occur in the moment. This is why music works so well in enhancing performance. Music happens in the 'now'; therefore when our attention is focused on it, we exist at a higher level of consciousness.

Fatigue is an emotion. It's the body's reaction to the subconscious mind. By running in the space between and around thoughts, as opposed to being lost in thought, or thinking too much during a race, you'll experience a decrease in fatigue.

Overcoming discomfort depends on the pain. A portion of physical discomfort is produced by the thinking mind. By learning to run on awareness or consciousness, runners will experience less physical discomfort. This doesn't mean you should run with an injury; but like Seme, if you're highly committed to the end goal mid-race, you'll be able to continue for longer, with less or no pain.

Consciousness does not negate the importance of physical fitness. It would be unrealistic to expect a couch potato to suddenly get up and run a half marathon; you must have some base fitness and strength. It takes a balance between peak physical fitness and peak mental fitness to be the best runner you can be.

My discoveries even drove me to become a runner. I've been using my methods with some success. But I'm not the best runner, and admittedly, I need some training! Still, I enjoy it. 



You Asked Me
RW Gear Editor
Ryan Scott is
here for you.
And your stuff.

PACK IT IN!

I'll be travelling for the next three months. Any tips for taking running gear along? – PETE, Greytown

Shoes take up a lot of space and are a grudge item to travel with. Minimise the impact by

stuffing your shoes with socks and underwear,

cleverly using the dead space in the shoe cavity. It also helps the shoes to keep their shape while they're squashed in your luggage. Place the shoes with the soles snugly up against the sides of your suitcase, one shoe on either side.

Life Hack



(HUMAN RACE)

The Singlet

BECAUSE RUNNING ISN'T JUST ABOUT STRING VESTS.



You Asked Me Trail star Ryan Sandes answers your off-road questions.

GRIZZLY TRAILS

What's been your scariest running experience abroad? – NATASHA, Barrington

Last year I trained on the Western States 100 trails, and encountered a brown bear. It was 10 metres away, and didn't look that big, so I decided to snap a photo of it with my cell phone. But as I reached for my phone, the bear started running towards me. Startled, I bolted down the trail, as far away from the bear as I could get. Luckily, it didn't give chase; but later on I had to run back up that same trail – which was damn frightening.

In 2010 I was in Chile preparing for the Atacama Desert race, where just a few days earlier there had been a devastating earthquake. I was in my hotel room, when the entire hotel started shaking, and I heard screams. I froze in panic. The tremor only lasted five or ten seconds, but it felt like an hour. I'd contemplated my escape out of the nearest window.

After the building had stopped shaking, we gathered outside in the parking area – everyone looked scared, a few people were crying. The hotel manager told us an aftershock from the earthquake had struck. I was relieved to travel out to the desert the following day, where there were no buildings that could collapse.



Ryan Sandes, a.k.a 'Hedgie', is a trail-running supremo, with race wins too numerous to mention.



WALK LIKE AN EGYPTIAN

A runner at my local track walks 100 metres backwards after each lap. What on earth is she doing? – GEMMA, Machadodorp

She isn't imitating a Boy George music video; nor are you in an alternate universe where every action is replayed backwards, in slow motion. The theory behind backwards running and walking is that it burns more kilojoules than the more common forward variant to which you're accustomed. It's also meant to help your posture, and rehab creaky knees. But try doing it without singing *Walk Like An Egyptian*. Nile on impossible, I tell you!

DIRECTIONALLY CHALLENGED

I often see people running with traffic. Should I tell them they'd be safer on the other side of the road? – PAUL, Alberton

When it comes to issues like this, I imagine myself a wise old lemming. I can almost see your puzzled expression; because lemmings are known to do daft things, like run off cliffs – and sadly, that means most don't make it to old age. But I'm one lemming who's managed to survive the

“...the very lemmings who aren't clever enough to work out how to run on the road are electing our government, drinking, and driving cars.”



“The guilt-free post-run breakfast.”

– Abigail Lottering on what gets her out of bed for a run in the morning. Hopefully, she runs in the right direction...

road for eons, simply by paying attention to a set of basic rules.

If I see a fellow lemming, under 21, running with the traffic, I feel compelled to share my wisdom: “You're running the wrong way!” I'm fully prepared for the canned “whatever, dude” response of insouciant youth, yet I'm certain I'll plant a seed of doubt.

But for lemmings older than that, I'm afraid it's just too late. By virtue of their age, they're adamant they've earned the right to be senseless when it comes to

direction. And yes, it's worrying that the very lemmings who aren't clever enough to work out how to run on the road are the ones electing our government, drinking, and driving cars.

TURN ON THE TAP

A runner tapped me on the shoulder at a race to get around me. I was stunned! Is this proper etiquette? – MAUREEN, Paternoster

He's probably just an axe murderer... but in an over-apologetic, British kind of way. Perhaps when you were moseying along, a little too slowly, Speedy McTapTap ran out of options. Strong, fast, and silent, he probably felt it more courteous to tap you on the shoulder than to give in to temptation and barge past, causing you to topple over the edge of a ravine. He might've taken a vow of silence; or perhaps he's just a star-crossed trailie in love, who thinks he's in with a chance of tapping that sweet shoulder. Listen out for those who run faster than you, because you never know who they might be... 

HUMAN RACE

RUN IT OFF CLUB

I RAN IT OFF!

FINAL DRAFT

Unhappy and overweight, a draughtsman goes back to the drawing board.

The Wake-Up

When I finished school, I gave up all the sports I'd participated in, and became physically inactive. I fell into the bad habit of eating unhealthy food, at the wrong time of day.

One day I caught sight of myself in the mirror, and the years of neglect hit me all at once. 'Who is this person staring back at me?' I asked myself, because up until that point I'd never considered myself overweight. Now I was facing up to the fact that I wasn't the slim, sporty teenager I used to be, and I knew I'd never be entirely happy if I didn't do something about it.

The Shake-Up

As with all long-term lifestyle changes, it had to be gradual. I visited a dietician, and on a round-the-world trip with my wife, we walked a lot. A few months into the trip I started running, and when we returned to South Africa, I joined a running club.

Bad habits were easy to fall back into, and temptation knocked at my door. But running played a huge role in

my weight loss, particularly the last 15 kilograms, which were the hardest to shake off. And besides, a lighter person runs faster, which was a huge motivation to slim down.

The Reward

Of the 100 races I've participated in over the last couple of years, 25 of those have been half marathons. My best half-marathon time is 1:35.20, and I've achieved a 10-K PB of 41.30. I've learned that I prefer feeling and looking good, as opposed to looking at an out-of-shape reflection in the mirror.

Running has given me a healthy body, and a life filled with positivity. I'm more confident in myself, and in my abilities as a human being.

— As told to Lisa Nevitt



RICK VAN TONDER

Age: 33

Home Town:
Cape Town

Height: 1.79m

Occupation:
Architectural
Draughtsman

Time Required:
7 Years

Then: 122kg

Now: 77kg

HUMAN RACE

RUNNER BY THE NUMBERS

SUZY WALSHAM

41, SINGAPORE



In 2006, shortly after Walsham moved from Australia to Singapore, she read about a local stair-climbing race. A track champ as a teen, Walsham thought she'd give it a shot. She was the first female to reach the top (73rd) floor. Her prize? A trip to New York City to compete in the Empire State Building Run-Up (shown above), which she also won. Walsham is now considered the world's leading female stair-climber. She's won the Vertical World Circuit and the Towerrunning World Cup for the last three years, and claimed a record sixth win at this year's Empire State Building Run-Up, reaching the 86th floor in 12:30. "I see run-ups as a race between me and the building," she says. "The bonus is there's always an amazing view at the end." – MICHELLE HAMILTON



1576

STEPS TO THE TOP OF THE EMPIRE STATE BUILDING

8.72

Average pace per floor, in seconds, for her 2015 Empire win

NINE

Consecutive wins Walsham has had at Singapore's Swissôtel Vertical Marathon

40

Floor she was on in NYC when she knew she'd win. "I couldn't hear anyone behind me," she says, "so then it was about maintaining my pace."

540

STEPS IN HER 30-FLOOR BLOCK, WHERE SHE TRAINS

FORTY-TWO

Stair-climbing races Walsham has won

0

Stairs taken while shopping. "It's the lift or the escalator for me. I figure I deserve a break."

2-4-6-8

WALSHAM'S MANTRA. "I RUN THE STAIRS TWO AT A TIME, COUNTING 2-4-6-8 TURN, 2-4-6-8 TURN."

In a 2009 race, Walsham was the first to reach the 91st floor of this building in Taipei, Taiwan.

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THE PET PEEVE MENAGERIE

Sometimes, an entire safari park's worth of frustration can stampede over your race.

I started running because it keeps me fit and healthy, and preserves my youthful good looks (so I've been told). Most of the time I have this tremendous love affair with running that leaves me itching if I go too long without it. But that all went out the window when I encountered a herd of running peeves – wild and unleashed, and all at the same time – on race day. Seldom have I felt more annoyed.

My troublesome marathon began like any other. I rose from restless slumber at 4:30am. My race gear was neatly laid out on the couch, waiting expectantly, and I washed down instant oats smoothly with black coffee. A last-minute pre-race check revealed: my favourite pair of shoes; a club vest (with, like, the most meticulously-pinned race number...

ever); my most comfortable socks; and my daringly skimpy running shorts (not that I'd ever forgotten them before). I'd emptied my bladder, and ensured I didn't need what's blushingly referred to as 'a number two'.

But as I forced myself into what I thought was a winning position at the start line, I was unceremoniously reminded that despite the 20 cramp-free minutes I'd spent in my bathroom, I hadn't escaped the shudder of an

"I was blissfully unaware that another two of my pet peeves were crouching in the reeds, stalking me, and waiting to pounce."

impending bowel movement – one big enough to rival an earthquake.

It was too late to measure it on the Richter scale, because the countdown had already begun. Bang! The gun went off. But the runners in front of me didn't. Which brings me to my second pet peeve: why do those who plan to start the race in reverse stand so close to the front, effectively barricading other runners from their PBs? Talk about 'hitting the wall' before you've even started!

So, after wasting the first 10 minutes of my race courteously excusing myself as I danced around the seemingly oblivious walkers and talkers, I eventually fell into my stride. For a while, everything was great; I felt like I was gliding gracefully across the tarmac – much like a gazelle does across the grasslands. I was blissfully unaware that another two of my pet peeves were crouching in the reeds, stalking me, and waiting to pounce.

The first ambushed me at the

10-kilometre water table. Apparently, fellow gazelles Jill and Bob knew the water table attendant – affectionately known as Old Man Jack – from way back. All three had engaged in one of those catch-ups that never actually catches up; and they'd completely hogged half the refreshment table, rendering it difficult for anyone else to grab a water sachet on the run. To avoid rudely bundling them over, I stopped in my tracks and gently reached for one, thus interrupting my gazelle-like momentum.

It didn't end there. The second pet peeve sank its teeth into the carcass of my dwindling patience, because good ol' Old Man Jack just couldn't help himself.

"You're nearly there!" he pipped, as my legs creaked in violent protest when I tried to start running on them again from a standing position.

Now, I don't know what planet Old Man Jack had beamed down from, and I certainly don't believe he'd ever run a marathon in his life; because 10 kilometres into 42.2 kays is most definitely *not* 'nearly there'. This type of comment can be casually inserted into precisely the wrong moment; and it's right up there in the pet peeve-ness echelons, along with honking hooters and suggestive whistles at the prettier among us attempting to train.

My pet peeves had bared their teeth; but I took the moral high ground, instead choosing to grit mine and soldier on. And I'm glad I did, because the rest of my race reminded me why I'm so fond of running. The unquenchable thirst for continuously bettering myself, the unparalleled feeling of accomplishment when I did so, and the indescribable feeling of triumph on crossing the finish line far outweighed the angst caused by any of the pet peeves I'd encountered.

Even if they're among the barrage of peeves that await us at the finish line – the shouting (and mispronunciation) of our names, the announcer with far too many words of encouragement, and the race T-shirts that are always two sizes too big – we love to hate them all.

Because they remind us of what we've overcome. 

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Wave Enigma 5	Cushion	320g	R2499
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Runner's World Pasta Party

Inspired by Fatti's & Moni's

In May a capacity crowd attended the *Runner's World* Pasta Party, inspired by Fatti's & Moni's, held at Greyville Racecourse in Durban. The Pasta Party featured guest speaker Lindsey Parry, official coach of the Comrades Marathon and *Runner's World* columnist, who gave an inspirational talk on 'writing your own story' on race day. Each runner and guest left with an awesome goodie bag and lots of inspiration, and had the opportunity to win some great lucky-draw prizes. Our enthusiastic MC and *Runner's World* editor Mike Finch kept the audience properly entertained; together with a sumptuous pasta buffet and a glass or two of wine from our sponsors Drostdy-Hof, it was the perfect way to get ready for race day.



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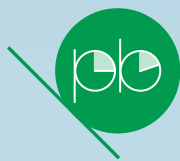


PERSONAL BEST

GET FIT, EAT SMART, RUN STRONG

SAFETY IN NUMBERS

Winter in South Africa can be wild and unpredictable. Skimp on the wrong stuff, and you could find yourself ill-prepared for an emergency. At the same time, you don't want anything that'll weigh you down. But the First Ascent Apple Jacket folds conveniently away – and it's the size and weight of an apple (90 grams). Really, you've got no excuse. (Now turn to page 45 to see our best winter gear.)



TRAINING

5-KS FOR ALL!

Run a 5-K for a fast, fun challenge that can complement your other goals.

By Cindy Kuzma

THE HALF MARATHON has the newfound popularity, and the marathon gets the glory. But in terms of fun and flexibility, the 5-K might just beat them both. The not-too-long distance means almost anyone who attempts one can complete it. Often it serves as a gateway to longer efforts, says Camille Herron, a runner who began by running road 5-Ks and has gone on to win 16 marathons. Those aiming for the podium can train hard without running taking over their lives, says Matt Thull, a coach at ThunderDome Running (and the proud owner of a 14.11 road 5-K PB). And if your primary goal is to enjoy yourself, there's the explosion of themed 5-K events, from obstacle races and late-night light-up runs to doggy jogs. Whether you're looking for a personal-best time or just a way to let off some steam, here's how to make the most of your 5-K experience.

FINISH FASTER

Crossing the finish line once may have a near-immediate side effect: wanting to do it again, and faster. Thanks to the manageable distance, you won't have to wait too long for your next shot, Thull says.

MAKE IT HAPPEN For best results, allow yourself at least five weeks to try again – one to recover, and four for the next block of training. Newer runners can start by adding

one 'challenge' run per week – say, a longer effort of at least six kays, or a 30-minute run with a two-minute fast surge at the end of every kilometre. More advanced competitors can work up to a 10- to 15-kay long run plus one other hard workout every seven to 10 days. One of Thull's favourites: a strength-speed combo starting with five to 10 hill repeats. Choose an incline that takes about 45 to 60 seconds to ascend, and slowly jog or walk down in between. Then do an 800-metre recovery jog before finishing off with two to three kays at 5-K effort on a road or other flat surface. "Just as you would the last kilometre of the race, when you think you have nothing left, you'll learn to push through," Thull says. During race week, skip the hills but keep some speed: A max of three kays of 400- or 800-metre repetitions at 5-K pace, with equal or longer





Joining friends for a run – especially on speedwork days – can inspire you to push harder than you would alone.

rest in between, gets you to the starting line sharp but not overly fatigued.

RACE WITH A FRIEND

Regardless of your respective experience levels or speeds, signing up together can motivate you both. If you're fortunate enough to find a friend who's just slightly swifter than you, using her as a rabbit can help you push your own performance, Thull says.

MAKE IT HAPPEN Even if your paces don't sync, you can find a way to train as a twosome – for instance, joining a training group, or warming up and cooling down together but splitting for the rest of your run. And as for your

rabbit, keep up with her on a maximum of one hard workout per week, then allow a rest or easy day afterwards. Leaving your comfort zone in training prepares you to race your best – but only if you allow adequate recovery.

TUNE UP FOR A LONGER EVENT

Running a 5-K during half-marathon or marathon training gives you mental practice in a race setting as well as a way to test your fitness. Plus, alternating between longer races and shorter efforts keeps your fast-twitch muscles well-trained, honing your finishing kick, says Herron.

MAKE IT HAPPEN Schedule a 5-K at the beginning of your training

cycle. Warm up well with an easy jog that lasts at least as long as you'll be out on the 5-K course. Give the race your best effort; if things go well, carry that confidence into training. On the flip side, don't get discouraged if your performance is sub-par. Your main focus is on longer distances, and you still have time to train hard and fine-tune your race-day approach. If you like, you can run 5-Ks every month or so throughout your build-up to practise different skills – for instance, add to the warm-up and cool-down to log a long run that's broken up by the fun of a race, or intentionally start slowly and speed up at the end to build pacing patience.

TRY SOMETHING WACKY

If you've ever wanted to run through a haze of coloured chalk, or wearing only undies, or while munching doughnuts, you're in luck – there's a 5-K out there with your name on it. New runners may find these events a welcoming first challenge, while more experienced racers can get a boost from breaking up the monotony of more focused training.

MAKE IT HAPPEN Schedule these races well before or after a goal race to avoid training interruptions. You can take your preparation more lightly, too. Participants at the Neon Run™ stop at glow stations and enjoy entertainment from South Africa's top musicians and DJs. Still, you'll want to think through basic logistics, such as how you'll use the portaloos in that glow-in-the-dark onesie, says Herron, who knows from experience: she holds the women's Guinness World Record for wearing a superhero costume in a marathon (a 2:48:51 wearing a pink Spider-Woman outfit).

Considering your first 5-K? Go for...



THE FUN VIBE

Friendly runners, free food, sweet shirts, energising music – if nothing else, races add festivity to your regularly scheduled weekend kilometres.

THE CHANCE TO DO GOOD
Elite runner Camille Herron

began running 5-K races in aid of charity at high school because both of her grandmothers had breast cancer. Scout your local race calendar for a race benefiting a cause that's meaningful to you.

THE CHANCE TO REALLY FLY

You might never know how fast you can go until you let it rip in a race environment. "It's a different experience to anything you can simulate in a workout; it's more serious, more focused," Herron says – though not, to be clear, any less enjoyable, especially if you run well.



You Asked Me RW scientific editor Dr Ross Tucker's advice

BEETROOT'S UP!

Does drinking beetroot juice improve marathon performance? – PHILIPPA, Bloemfontein

Studies have shown that beetroot juice may lower the oxygen cost of exercise, which in theory is beneficial. But that doesn't necessarily mean better performance. Here's why.

The idea is that beetroot contains nitrates, which cause blood vessels to open, allowing more blood and oxygen to reach muscles. As is often the case though, studies vary in terms of factors such as dose, timing, and the training level or diet of the athletes – so whether or not there is a connection is open to speculation.

What more recent studies have shown is that there is a benefit for sprint exercise – for either short sprints, or intermittent high-intensity exercise lasting for 10 to 30 minutes in total. But so far, no studies have established whether beetroot juice would benefit the hours you'd need to run a marathon.

As for endurance distances like the marathon, studies on well-trained athletes have failed to find the same benefits that exist for recreational athletes. That's fairly common in supplement research, because with training, we get our bodies nearer their 'max capacity', and that means there's less scope for supplements to help.

That being said, there's little downside; so even if your improvement is marginal, it may be worth trying beetroot juice. I'd recommend 250ml per day, or a single dose before you exercise.

Dr Ross Tucker has a BSc (Med) (Hons) Exercise Science Degree and PhD from the Sports Science Institute. Visit him at www.sportsscientists.com.



Planning to meet a friend (or two) helps you get out the door on cold, dark days.

COOL IDEAS

Winter shouldn't stop you from getting fit and having fun.

➔ During winter, daylight hours are in shorter supply, and you might find it's too dark – or your cosy duvet is too tempting – for your usual early-morning run. But the colder weather we experience this time of year means it's never too hot to run at any time of day. Take advantage of crisp, sunny days to mix up your normal workout routine.

VARY YOUR RUN TIMES

Learning how to eat and warm up before runs at different times of day will prepare you to fit in a run whenever you can. Mixing up your routine also keeps your mind engaged. If you're trying late-morning runs, hydrate before you leave. You don't need to eat before runs of 45 minutes or less, but if you're hungry, stick to small portions,

and choose foods that are low in fat and fibre. Runners heading out later in the afternoon should hydrate throughout the day and, an hour or two before starting to run, have a low-fibre, low-fat snack of 650 to 850 kilojoules.

MEET A GROUP

Group runs tend to attract lots of people. Just as you experiment with your run

times, try different group runs – you'll meet new friends, feel a different energy, and probably discover new routes. Contact a group member before you go to ensure that there will be runners at your speed.

ADD CROSS-TRAINING

Spend more time outdoors by adding activities like hiking, cycling, and swimming. Cross-training on non-running days (or after a short run) will improve your health and challenge your body in a way running does not, without putting as much stress on your joints. It's best to run every other day to maintain running adaptations, but if you cross-train two or three days each week, you can get by with twice-weekly 20-minute maintenance runs. 

You Asked Me Jeff answers your questions.

How can I make it easier to get up for early-morning races?

The night before, lay out your shoes and clothes and set an alarm that's out of reach of your bed. If you're a coffee drinker, prep the machine so you only need to hit 'On' in the morning. When your alarm goes off, focus on one step at a time: turn on coffee maker. Get dressed. Drink coffee. Hit bathroom. Leave.

What should morning runners know about evening runs?

You'll be contending with more cars and people than you're used to, so chart a route that's safe and free of rush-hour congestion. It'll probably be warmer than it is in the mornings, so consider carrying water or increasing walk breaks.

Fact or Fiction I need to wear sunscreen only on sunny runs.

FICTION

Experts recommend slathering on a sunscreen with an SPF of at least 30 before every daytime run. You should also wear a hat and sunglasses for added face protection.



ASK THE EXPERTS

Which muscles should I foam-roll?

Start with the lower-body parts you use most while running: quads, IT bands (the sides of your legs, from knee to hip), calves, and glutes. Then, hit your torso and back. Roll slowly for up to 15 minutes a day. – *Steve Barrett, a UK-based international fitness consultant, wrote Total Foam Rolling Techniques (2014).*

When rolling your calves, alternate pointing your feet inwards and outwards to work all the muscles.

Should I run the day before my race?

If your body is begging for rest, no. But usually an easy run of 10 to 20 minutes helps loosen your muscles and prime your central nervous system for efficient muscle recruitment on race day. It can also be a powerful mental release, dispelling pre-race jitters.

– *Eve Schaeffer is a five-time Boston Marathon finisher and a running coach (coacheve.com).*

Why do my knees brush mid-run?

The contact may be a symptom of muscle imbalances or flexibility problems. To reduce injury risk, strengthen your hips and glutes, stretch your inner thighs and ankles, and make sure you're in proper (and not-too-old) shoes.

– *Danelle Ballengee is a running coach (trainingrx.com).*



The Explainer Why are race entry fees so high?

The cost of racing has skyrocketed in the last decade for a few reasons, says Phil Stewart, editor of *Road Race Management*, a newsletter for race directors. The most important factor? “Runners today are looking for experiences rather than just races,” he says, “and they’re willing to pay more for events with bands, fancier T-shirts, larger medals, post-race parties, and other add-ons that increase event costs.” And big races have other hefty bills to pay that are only partially offset by sponsors, like staff salaries, police overtime pay, and prize money. But shop around: while some races do charge large fees, others are still a bargain. 

RACE PREP

BEST ALL-ROUNDER

Your body may be naturally suited to short (or long) races; but with some training tweaks, you can succeed where you currently struggle.

By A.C. Shilton

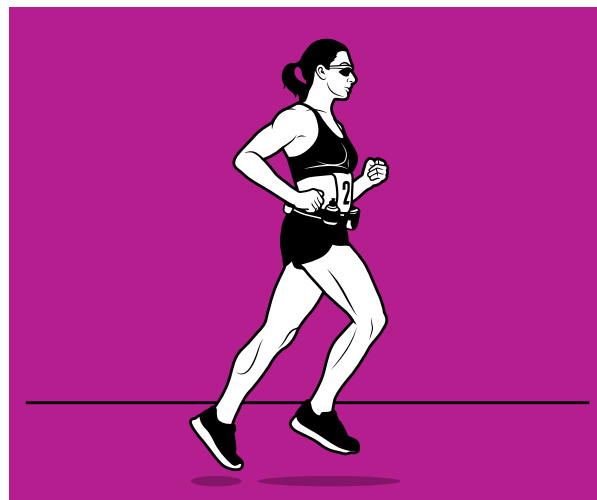
BELIEVE IT OR NOT, Meb Keflezighi and Usain Bolt share more than 99 per cent of the same DNA. But try telling that to Meb after a sprint against Bolt – or to Bolt at kilometre 35 of a marathon. Long-distance runners like Meb have more slow-twitch muscle – the kind that can work for a long time – while sprinters and 5-K specialists have more fast-twitch, which provides short bursts of power. But “we all have some fast-twitch fibres,” says Alan Couzens, a coach, and some great marathoners started as track stars. With training, ultra-runner types can improve their 5-K times, and speedsters can see marathon success. Not sure where your strengths lie? If you’ve trained properly for races from the 5-K to the half or full marathon, your recent 21.1-K or 42.2-K time should enable you to predict your corresponding 5-K time. For example, if you run a half in two hours, you should be able to run a 5-K in 26.05. If your 5-Ks are faster, short races are your strength; slower, and you’re better at going long. Here’s how to work on your weaknesses.



IMPROVE AT SHORT DISTANCES (5-K AND 10-K)

DO THIS **Shorter speed sessions.** Malindi Elmore, an Olympic 1500-metre runner and coach with the Run SMART project, says a common mistake for runners whose endurance outperforms their speed is doing intervals that are too long. Your intervals should last no longer than five minutes at 90 to 100 per cent effort. Take as much walking recovery as you need – at least as much time as the interval itself – to keep the quality up. If you start to struggle, it’s better to cut the efforts down in length than to let the speed drop. **You also need to build power.** Elmore recommends

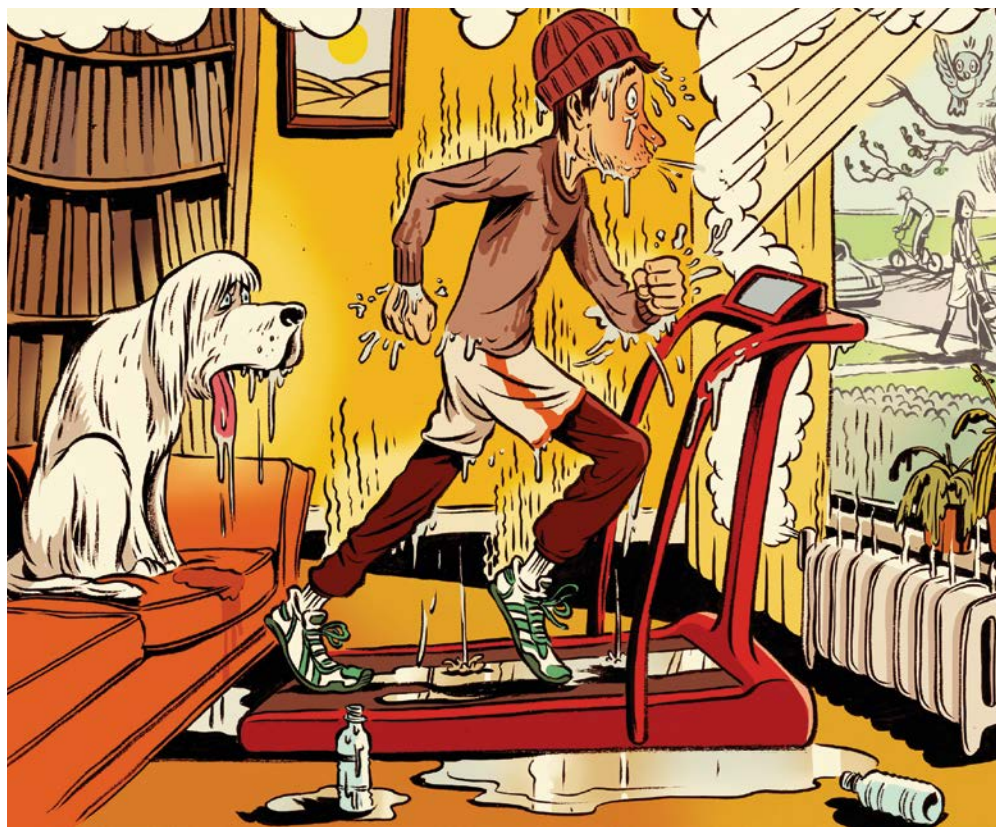
plyometrics like squat jumps, lunge jumps, or bounds for building explosive strength, with this caveat: “If not done carefully or with respect to the load, these can invite injury.” Elmore recommends starting with five reps of each exercise once a week. Athletes can build up reps from there, but never do plyometrics more than twice a week. Lifting is another way to build power – but load up that barbell. “Do sets of three to five reps with a weight that’s heavy enough you can only lift it eight times or so, max,” says Couzens. Focus on squats, lunges, and deadlifts.



IMPROVE AT LONG DISTANCES (HALF AND FULL MARATHONS)

DO THIS **Practise fuelling.** Many athletes who perform well at short distances struggle at longer ones because their fuelling goes awry. Generally speaking, guidelines dictate 30 to 60 grams of carbohydrate for every hour of exercise, but what works varies from person to person, so use long training runs – including those with stints at race pace – to practise. “Gut tolerance is often a limiting factor, but generally, the more [fuel] the better is a good rule,” Elmore says. **You may also want to have your form evaluated.** Over the span of a 5-K, a flopping

arm may not matter too much; but if you’re burning extra kilojoules because of poor running form, that puts an extra strain on your already-depleted energy stores in long races. And poor form can lead to injury, which can make it hard to get the quality training you need to perform at distance events. Elmore sometimes gets athletes to use fast hill repeats as a way to improve form. Focus on your posture as you drive forward up the hill. If you know what form flaws you have, it can also help to run easy on a treadmill in front of a mirror to watch for and correct them in real time. 



SWEAT IT!

Prep for a hot race day to run better in any weather.

→ You're making it through a chilly winter of hard training to prepare for a late spring or early summer race. But have you considered the soaring temperatures on race day, come summer? Fortunately, there are ways to prepare for heat, even when the weather is cold. The goal is to increase your volume of plasma, the liquid component of blood, so you can send blood to your skin to cool yourself without compromising the supply carrying oxygen to muscles. And if you're lucky and race day is cool, you'll still get a boost from these techniques.

RUN HOT

The best way to prepare for heat is to run for 60 to 90 minutes at an easy or moderate pace in conditions like the hottest you expect to face. You'll be acclimated after eight to 14 sessions, but

those days don't have to be consecutive: you can space them as far apart as once every three days. If you can arrange a treadmill in a room at, say, 25 to 30 degrees, that's great. If the room isn't as warm as you'd like, wearing

long sleeves and tights and avoiding the use of a fan can make an indoor run feel much hotter than a comparable outdoor run.

Fitting in that many heat runs can be a challenge. A recent review found that three to seven heat adaptation runs produced a plasma volume increase of 3.5 per cent on average – not as much as the seven per cent gain from longer protocols, but still worthwhile.

TOP UP

Running in heat is an added stress, so you don't want acclimation to interfere with your taper. Heat adaptations last up to twice as long as you spend building them – so the

effects of five heat-adaptation runs would last 10 days max.

You can extend this with top-up sessions, adding one or two heat runs about a week before your race. For example, plan five heat runs in seven days starting three weeks before race day; do your hard workouts in cooler conditions on the other two days so you can hit your goal paces.

Then consolidate your gains with two more top-up heat sessions, six and eight days before the race.

HYDRATE

Drink according to thirst during your heat runs. This will probably leave you mildly dehydrated, which may serve as an additional trigger for plasma expansion. Weigh yourself before and after to make sure you're not losing more than about two per cent of your weight, then rehydrate immediately. Also, get some carbohydrate and protein in within 10 minutes of finishing to maximise plasma gains.

HIT THE SAUNA

Four-time Olympic champion Lasse Viren swore by his post-workout sauna sessions. He may have been onto something: a 2007 study found that runners who took a post-run sauna for about 30 minutes at 90 degrees four times a week for three weeks boosted their plasma volume by seven per cent and endurance by 1.9 per cent. And this year, Australian scientists found that just four 30-minute post-run sauna sessions at 87 degrees increased plasma volume. To supplement heat runs, start with five to 10 minutes at 70 degrees and build up, and don't hit the sauna the same day as a heat run. 

WORTH YOUR SALT

*How much sodium do
runners really need for health
and performance?*

By Jessica Migala

YOU'VE JUST RETURNED from a sweaty run, and can practically taste the salt on your skin. Then, maybe you reach for a bottle of sports drink to rehydrate and replenish lost sodium and other electrolytes. But should you? Given that South Africans generally consume more than the recommended amount of salt, it may be time for runners to rethink their love affair with the mineral.

The problem – even for runners – is that too much sodium stresses your heart. Studies consistently show that increasing dietary sodium raises blood pressure, a natural function to help kidneys clear sodium from the body. “High blood pressure is a risk factor for heart disease and stroke,” says Dr Brian Strom, who chaired an Institute of Medicine committee that analysed the evidence behind current sodium recommendations. A 2014 *New England Journal of Medicine* report found that high sodium consumption is responsible for 1.65 million deaths worldwide every year. On average, we’re eating 3 400mg of salt a day, and every authority says we should be eating less – no more than 2 300mg milligrams per day according to the Centres for Disease Control, and even less (1 500 milligrams daily) according to the American Heart Association. ➔

*What the
research says:
skimping on
sodium may
actually increase
your risk of heart
disease.*

SALT-O-METER



Cottage cheese
918mg per cup
INSTEAD TRY
Ricotta cheese
207mg per cup

918mg

Eat a lot of sandwiches? Chicken and cheese on bread can pack 1500mg of sodium. Compare bread and deli brands to find low-sodium options.



Salami pizza
683mg per slice



Tinned tuna
558mg per tin
INSTEAD TRY
No-salt-added tinned tuna
82mg per tin



Plain bagel
561mg per medium bagel



Italian dressing
480mg per 2 Tbsp
INSTEAD TRY
Oil and vinegar
4mg per 2 Tbsp



Blue cheese
391mg per 30 grams
INSTEAD TRY
Swiss cheese
54mg per 30 grams



Frozen yoghurt
220mg per cup



Packaged frozen chicken
220mg per 115-gram breast
INSTEAD TRY
Fresh organic chicken
40mg per 115-gram breast



Wholewheat bread
132mg per slice
INSTEAD TRY
Wholewheat flatbread thin
85mg per half

0mg

But the answer isn't to shun salt completely. "Sodium is a necessary electrolyte that helps your body maintain fluid balance during exercise," says Dr Nancy Rodriguez, professor of nutritional sciences at the University of Connecticut in the US. And ironically, research shows that skimping on sodium may actually *increase* your risk for heart disease. It's not exactly clear why, but one theory is that lowering your salt intake also decreases the amount of heart-protective potassium you consume naturally in your diet, Strom says.

So how do you ensure that your sodium intake falls within a healthy range? Trying to count sodium milligrams isn't practical – it's difficult and time-consuming, and experts and health organisations

don't even agree on how much we should get. Instead, take stock of how much packaged and processed foods you consume, including breads, cold meats, and fast foods. Seventy-five per cent of an average person's sodium intake comes from processed sources – not from salting your foods during cooking or at the table. If pre-made or packaged foods make up a large part of your diet, it's probable you're teetering over the healthy sodium limit. You'll naturally fall within a smart sodium range by doing two things: cooking more often at home, and eating a diet full of fresh, minimally processed ingredients, including produce, lean meats, and low-fat dairy. If you do that, an occasional salty food – or mid-run energy gel or sports drink – will easily fit into your day.

JUST A PINCH



TABLE SALT

The most common salt, it's available in plain and iodised versions. Iodine is a necessary trace mineral important for thyroid function. It's in some vegetables, kelp, dairy, and saltwater fish – so you don't necessarily need extra from table salt.
BEST FOR Baking. Smaller crystals incorporate into batter more easily.



KOSHER SALT

The coarse crystals are bigger in volume, meaning 1 teaspoon kosher salt contains less sodium than 1 teaspoon table salt.
BEST FOR Cooking. When seasoning food lightly, you can often swop kosher salt for table salt without a taste difference. If you need to be precise, use 1 ¼ teaspoons kosher per teaspoon of table salt.



SEA SALT

Made from evaporated seawater, these crystals contain trace minerals, such as copper, iron, zinc, and manganese.
BEST FOR Cooking. Fine sea salt, which is ground into small crystals, blends well in dressings, sauces, and soups. Coarse or normal sea salt adds a salty, crunchy bite when sprinkled on fish or meat just before serving.



GOURMET SALTS

Sourced from all over the world, fancy finishing salts come in a range of crystal sizes and colours, including pink, beige, red, and even black, with slight differences in flavour profiles. They also contain trace minerals.
BEST FOR Mixing into a spice rub before grilling meat, or adding a few flakes atop cooked meat, vegetables, or salads.

QUICK BITES

NOSH AT NIGHT

Healthy snacks before you snooze can help you feel (and run) better in the morning.

By Jessica Migala

YOU'RE CRAVING SOMETHING SWEET

BEST BITE Fruit 'sorbet'. Blend frozen blueberries and watermelon (1)

WHY It satisfies that craving for something sweet, with few kilojoules. Blueberry antioxidants reduce oxidative stress caused by exercise, while watermelon contains an amino acid that eases muscle aches, studies show.

YOU'RE TRYING TO LOSE WEIGHT

BEST BITE Greek yoghurt with cinnamon and vanilla (2)

WHY The protein quiets late-night stomach rumbles, says registered dietician Lauren Antonucci, owner of Nutrition Energy. Choose plain and add cinnamon and vanilla for flavour. Eat it 30 minutes before bed to boost metabolism the next morning, suggests a 2014 study.

YOU'RE RUNNING TOMORROW MORNING BEFORE BREAKFAST

BEST BITE Nut butter and strawberries on whole-grain bread (3)

WHY It provides complex carbs and protein, which will tame hunger the next morning. "Eat it three hours post-dinner to top off glycogen," says registered dietician Connie Diekman, director of University Nutrition at Washington University in St. Louis, US.

YOU HAD A TOUGH TRAINING DAY

BEST SIP Chocolate milk (4)

WHY It provides fluid (for hydration), sugar (for muscle glycogen), and protein (for muscle repair). Drinking casein (a protein found in milk) 30 minutes before bed improves muscle protein synthesis overnight, according to a study in *Medicine & Science in Sports & Exercise*.

YOU CAN'T SLEEP - AND HAVE AN UPCOMING RACE

BEST BITE A serving of crackers with 30 grams of cheddar or Swiss cheese (5)

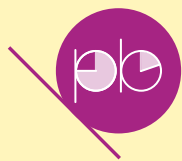
WHY The carb-protein combo supplies tryptophan, an amino acid that lulls you to sleep. Eating refined carbs (like those in crackers) before bed shortens the time it takes to drift off, reports an *American Journal of Clinical Nutrition* study.

YOU RAN IN THE EVENING

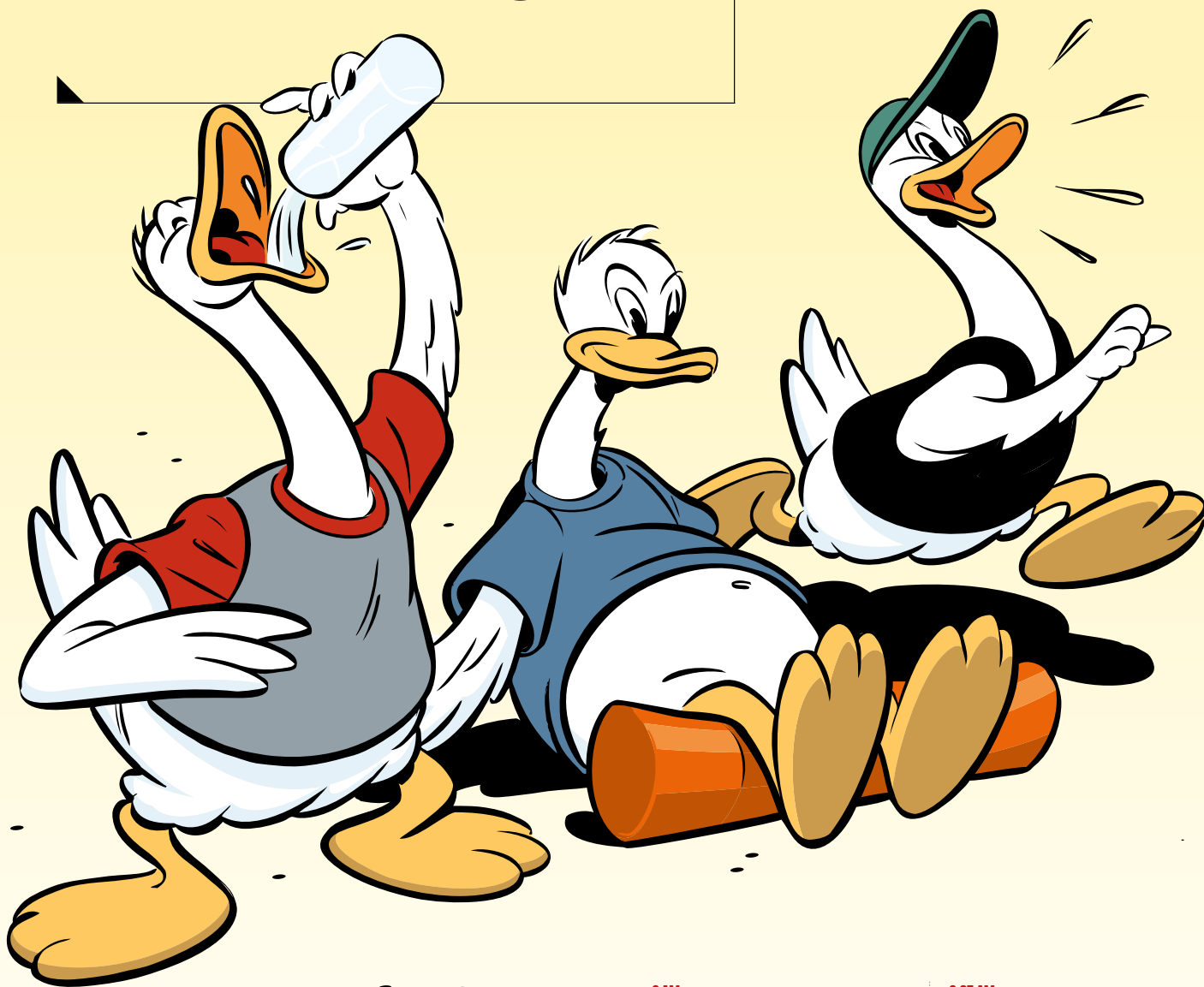
BEST BITE Scrambled eggs and veggies in a whole-wheat wrap (6)

WHY Eat something substantial now or you'll be starving at midnight, says Antonucci, and chances are you won't make a smart choice then. Eggs jump-start recovery, while veggies supply an extra serving of produce in case you fell short that day.

Can't sleep? Try 240ml of tart cherry juice twice a day for two weeks. It contains melatonin, which helps regulate your sleep cycle.



MIND+BODY



A PERFECT DAY

Get your ducks in a row to perform your very best.

By Laurel Leicht

YOUR RUN may seem like the most important event on your training schedule, but what you do during your non-running hours – and when – is also key to your success. Timed right, the other activities that make up your day can help you perform your best. The following expert- and research-backed tips will help you structure an ideal running day. Of course, anytime you can squeeze in a run or a massage or a nap is certainly a bonus. But this intel could inspire you to adjust your schedule when you have the flexibility.

6 AM

START EARLY

Trying to lose weight? Set your alarm. A run before breakfast (when you've been in a fasting state) appears to encourage your body to burn more fat, according to research published in the *Journal of Physiology*. Working up a sweat first thing in the morning can also put you in the right mindset to make healthy choices – like eating nutritious foods and taking walk breaks – throughout the day, says Dr Pamela Nisevich Bede, a runner and sports nutritionist.

6:05 AM

DRINK UP

Every time you exhale, your body releases a small amount of water vapour. During the day, you're drinking and rehydrating. But at night, you're not. So Bede recommends drinking a glass of water as soon as you wake up, to refuel your tank.

6:15 AM

GET ROLLING

No matter when you plan to run, squeeze in 10 minutes of foam rolling each morning. "Rolling releases tight muscles and helps activate weaker muscles, which will help your

body move more efficiently during the day, and that will set you up for a stronger run,” says physical therapist David Reavy, owner of React Physical Therapy. Not running until after work? Counteract all the sitting you probably did all day by rolling out again before you hit the road.

6:30 AM

LIFT LIGHT

Starting your day with strength-training could pay off if you plan to run in the afternoon or evening. Research published in the *Journal of Science and Medicine in Sport* reported that athletes who lifted weights in the morning had faster sprint times later in the day. Just don't overdo it – lifting too much could backfire, leaving you too beaten up for your run.

7 AM

REFUEL

Within 30 to 60 minutes of finishing your workout, rehydrate and eat a snack or meal containing a 2:1 to 4:1 ratio of carbs to protein, Bede says. Carbs are necessary to replenish glycogen and boost your energy, while protein helps muscles rebuild and recover.

9:30 AM

GET MOVING

If you're deskbound, throughout the day get up and walk a lap or two around the office. There's a mountain

of evidence showing the unhealthy effects of prolonged sitting. And if you're a runner, spending too much time on your rump can tighten your hips and deactivate your glutes, which can contribute to a whole host of injuries, says Reavy.

10:30 AM

CHOW DOWN

Running on an empty stomach is fine for a short, morning run. But if you're going long or out later in the day, have a carb-heavy snack or meal two to three hours before you lace up. Bede recommends about 840 to 1700 kilojoules, and avoiding foods with more than 10 grams of fat and seven grams of fibre to avoid mid-run stomach issues.

NOON

LOOSEN UP

If you're heading out for a lunch run after a two-hour-long meeting, take a few minutes to get your body ready for action. Reavy recommends a dynamic warm-up (following foam rolling, if you have the time), with moves that activate your muscles while mimicking a running motion, like high knees and butt kicks.

3 PM

CUE NAP TIME

Runners should try to squeeze in a 30-minute snooze. If you're lucky enough to pull it off, you'll be rewarded with improved alertness,



reaction time, and sprinting speed, according to research published in the *Journal of Sports Sciences*. “It won't replace a good night's sleep, but a short power nap can boost performance for several hours,” says Dr Cheri Mah, a researcher at the Stanford Sleep Disorders Clinic and Research Laboratory in the US.

3:30 PM

GET BUZZED

So the nap didn't happen? Don't let an afternoon slump make you bag your evening run. Caffeine can perk you up and boost your energy, while also setting you up for a better performance. British researchers studied the impact of coffee on cyclists and found that having a caffeinated cup one hour before a ride helped athletes perform 4.9 per cent better than when they drank decaf.

5 PM

SAVE THE SPEED

If intervals are on tap, try to hit the track in the evening.

Tunisian researchers found that athletes sprinted faster at 5pm than at 7am. The theory is that your muscles are more flexible and your lungs perform more efficiently later in the day.

6 PM

CHILL OUT

Finish your run with an achy muscle or joint? If there's no swelling, it's probably simply sore. But if the tender spot is inflamed, Reavy recommends icing it immediately after your run for 15 to 20 minutes to ease the pain and reduce swelling.

7 PM

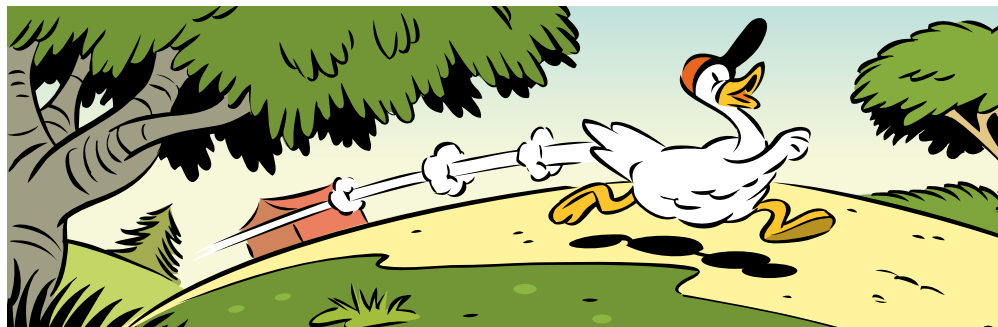
GET A RUBDOWN

Researchers at Ohio State University in the US found that massage reduces swelling and accelerates the return of strength after exercise, and this effect is greatest if the massage is soon after your workout, rather than a day or two later. If a professional session isn't on the cards, mimic the effect by using a foam roller or other DIY massage tools at home before bed.

9 PM

HIT THE HAY

If you're gunning for a PB, go to bed earlier than normal. According to a Stanford University study, getting more sleep than usual – as much as 10 hours a night – improves athletes' sprint times. Then rise and repeat. 

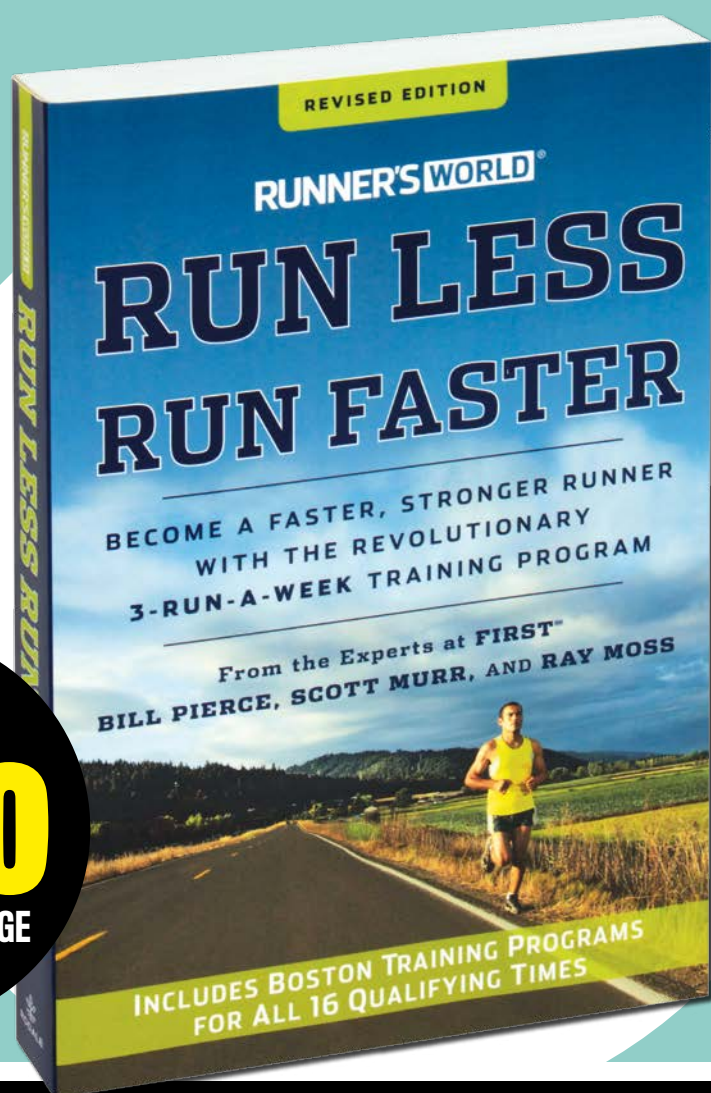


BECOME A FASTER, STRONGER RUNNER

WITH THE REVOLUTIONARY 3-RUN-A-WEEK
TRAINING PROGRAMME!

This new edition of **Run Less, Run Faster** continues to promise the same tantalising results: readers can get stronger, faster, and better by training *less*. The quality-over-quantity approach optimises training time and yields better performance – results runners will love, no matter what distance they're racing.

FOR ONLY
R140
EXCLUDING POSTAGE



Go to **FitShop.co.za** and click on *Runner's World*

THE BODY SHOP

FINISH STRONG

These core exercises will help you maintain good form on every run.

AT THE START of a run, it's easy to run 'tall', with good form – head balanced over shoulders, shoulders over hips. But as you tire, form often falls apart – your head juts forward, your shoulders slump, your torso hinges forwards. That can slow you down, up your injury risk, and make those last few kays feel harder. By adding a few strengthening exercises to your routine, your body will have an easier time maintaining proper posture, says 2:39 marathoner Jason Fitzgerald, the founder and head coach of Strength Running. Do these exercises as a circuit, going from one to the next until you complete all five. Do the full circuit three times.

— K. ALEISHA FETTERS



BICYCLE

Works your lower abdominals with a dynamic exercise that mimics running
TO DO Lie on your back. Bend your right knee and raise your leg so your right shin is parallel to the ground. Lift your left leg two to three inches off the floor. Hold for two seconds, then switch legs. Alternate legs for 30 to 60 seconds.



MARCHING BRIDGE

Strengthens the hips to keep the pelvis stable, activates the glutes
TO DO Lie with your right foot on the ground and your left leg extended out. Lift your hips and left leg up. Hold for two seconds. Then, while keeping your hips up in the air, switch legs. Alternate sides for 30 to 60 seconds.



ADVANCED PLANK

Targets core muscles that keep your pelvis neutral, while firing the glutes
TO DO Get in a plank, forming a straight line from your head to feet. Brace your abs and lift your left leg and right arm. Hold for two seconds, squeezing your glutes, then return to start. Switch sides. Alternate for 30 to 60 seconds.

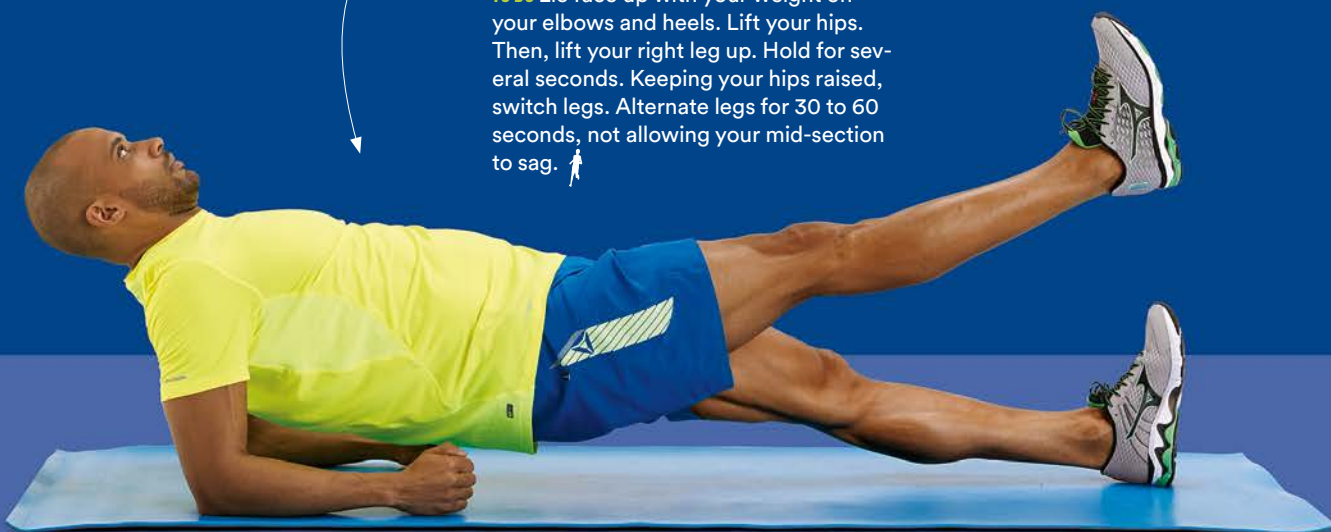


SIDE PLANK WITH LEG RAISES

Strengthens the oblique muscles to keep your spine erect when running
TO DO Get in a side-plank position, forming a straight line from your head to your feet. Raise your top leg and lower it for 15 to 30 seconds. Then switch sides, and raise and lower your other leg for 15 to 30 seconds.

REVERSE PLANK WITH LEG LIFTS

Targets the erector spinae muscles of your back as well as your glutes
TO DO Lie face up with your weight on your elbows and heels. Lift your hips. Then, lift your right leg up. Hold for several seconds. Keeping your hips raised, switch legs. Alternate legs for 30 to 60 seconds, not allowing your mid-section to sag.





GEAR

DRESS FOR WINTER SUCCESS

Just because the fair weather is in hibernation, that doesn't mean you have to be. Wind and rain breathe life into the winter season. Gear up right, and you can run headlong into the elements.

By Ryan Scott

Free up your arms for better temperature regulation.

NEW BALANCE SLEEVELESS HOODY R800

The perfect item to wear in variable weather. Worn over a warm, layered top, the hoody will help stop heat from escaping in cold weather. Having your arms free makes temperature regulation more manageable.

[New Balance Stores](#)





1

2

3

Keeps sweat
and rain
away from
your skin.

1 / HELLY HANSEN R1495

Testers raved about the flock-print lining inside the jacket, with a tiny diamond print to keep the material off your skin once you start sweating – which also helps the jacket to dry after a light shower of rain.

USE WHEN... conditions aren't that cold, but there is a chance of light rain.

www.hullabaloo.co.za

2 / COLUMBIA WATERPROOF JACKET R2400

Omni-Tech technology promises to move water vapour off the skin for breathability. But its main objective is to keep water out; this heavy-duty option does the job, even in heavy rain.

USE WHEN... conditions are heavy and wet, and you need fully waterproof attire.

[Columbia](#)

3 / ADIDAS LONG-SLEEVE BASE LAYER R599

Wear instead of a T-shirt as a first layer. Can be paired with any of the jackets in this review. Thumbholes located on the sleeve ends help keep the top in place if another item is worn over it.

[adidas Stores](#)

4 / ADIDAS REFLECTIVE BAND R299

A reflective snap-band for the wrist or ankle is a must-have for nighttime running. For added safety, switch on the flashing or static light.

[adidas Stores](#)

5 / FIRST ASCENT TECH TOUCH GLOVE R199

DRAWCARD... warm fleece to keep out the cold.

www.firstascent.co.za

6 / SAUCONY EXO HOODED JACKET R2100

A waxy, super-lightweight technical jacket that's wind- and rainproof. Panels are welded together, to create a better fit and keep water out.

USE WHEN... doing a short run in the rain, wearing an extra layer underneath.

[Sweatshop](#)

7 / FIRST ASCENT MEN'S APPLE JACKET R649

Folds conveniently away, and is the size and weight of an apple (90 grams). Windproof and water-resistant, with elasticated sleeve cuffs and a full-length zipper.

USE WHEN... conditions are favourable, but you're being cautious all the same.

www.firstascent.co.za

8 / ADIDAS SUPERNOVA JACKET R999

Specifically tailored to fit a woman's waist, and an extra rounded section at the lower back extends a little further over the waistline. Includes a small zipped pocket at the back, ideal for storing your key, card or phone.

USE WHEN... conditions are cold, but not wet.

[adidas Stores](#)

4

5

9 / SALOMON LAYBACK HEADBAND R120

Conserve energy by keeping valuable heat loss to a minimum. A beanie will usually do the job, but some runners find them restrictive. The headband option helps keep long hair back, and a soft, fleecy inner keeps foreheads and ears warm in icy temperatures.

[Salomon Stores](#)

10 / SAUCONY SCOOT LX CAPRI TIGHTS R800

Multi-panelled, capri-length tights that fit snugly around the waist. A bright orange band on the hips does wonders for visibility against wintry-grey backgrounds, and includes a small external pocket, ideal for storing keys.

[Sweatshop](#)

11 / PUMA POWER COOL 7-INCH 2-IN-1 SHORTS R800

Shorts with inbuilt leggings negate the need to cover yourself from head to toe in winter. Soft Power Cool fabric helps to prevent chafe, and assists in heat dissipation if conditions warm up.

[Puma Stores](#)

12 / ADIDAS RUNNING GLOVES R299

DRAWCARD... an innovative panel for wiping away perspiration.

[adidas Concept Stores](#)



Windproof,
water-
resistant and
convenient.

Inbuilt
leggings:
better if
things
warm up.

13

**13 / FIRST ASCENT
DERMA-TEC LONG-
SLEEVE BASE LAYER R399**

Staying warm in winter is best achieved by layering. Start with this tight-fitting base layer that's chafe-free thanks to the zero-seam fit, and consider additional items as the weather dictates.

www.firstascent.co.za

**14 / CAPE STORM
KRYPTON R799**

Windproof, with mesh vents on the back to help hot air escape from the inside. Includes a hood that can be adjusted for a tight fit, and two zipped side pockets. Plus, there's a handy pocket on the chest.

USE WHEN... conditions are variable.

www.capestorm.co.za

**15 / SALOMON
ACTIVE BEANIE R110**

A beanie as bright as a beacon can only be a good thing in terms of keeping runners safe. This simple beanie can also be easily tucked into the waistline of your shorts after you've started running, but it will keep you so much warmer while you're waiting to get going. (Note: as with the Salomon headband, the large internal tags are easily picked out, for greater comfort after purchase.)

[Salomon Stores](#)

**16 / I/O MERINO MULTI-
SPORT SOCKS R120**

Merino-wool products for running were our favourite discovery last year. This is an Australian offering, as soft as we've ever experienced – and testers have yet to report any odour after running. That's because merino wool has natural breathability, making it odour-resistant.

www.iomerino.com



14



Bright as a beacon, warm and comfortable.



16

**17 / PUMA
PERFORMANCE
GLOVES R299**

DRAWCARD... silky-smooth feel on the skin.

[Puma Stores](#)



17

**18 / SEA TO SUMMIT
8L R250**

A muddy run is revitalising and fun. But have you considered the drive home? Pop your shoes in this eight-litre-capacity bag, and wash both shoes and bag at home – keeping your car muck-free.

[Cape Union Mart](#)



18

The muck-free luggage solution.

THE NEW BREED

Brands are injecting tech into running at a rapid pace. Here are some of the latest offerings...
By Ryan Scott

ADIDAS CLIMACHILL TEE R400

It may be the middle of winter, but we've just had an exciting preview of what you can expect from adidas in the summer season. Their new technology, ClimaChill, employs what adidas call 'engineered-design 3D aluminium cooling spheres'. It's all about maximising surface contact with the skin, to move heat away from the body.
adidas Concept Stores

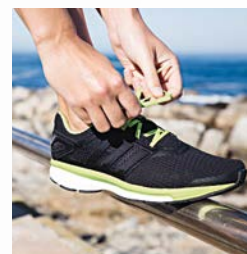


You Asked Me
RW Gear Editor
Ryan Scott is
here for you.
And your stuff.

FEET THE HEAT

I get hot spots on the top of my feet, which takes the fun out of running. Is there a solution? – FAITH, Durban

Unfortunately, not all feet are compatible with every shoe option out there – and hot spots only reveal themselves over time, so you don't become aware of them until you've run some distance in a new pair of shoes. But there's a more affordable solution than experimenting with different pairs of running shoes: often, it turns out your lacing system is the culprit. So try loosening your laces around the hot spot; swapping them for flatter, lighter laces could also relieve the pressure.



PHOTOGRAPH BY EWALD SADE (SHOE LACES)

LORNA JANE SPORT MP3/PHONE HOLDER R500

Brighten up gloomy winter days by strapping your phone or music to your arm with this soft and stylish accessory from Lorna Jane. The strap stretches just enough for firm contact on your upper arm; and the quality and detailing complement the great fit.
www.lornajane.co.za

JABRA SPORT PULSE R2 399

Not just music to your ears... these headphones actually measure your heart rate, too. Recently, we featured the many types of fitness tracking bands available. This is the same idea, except the heart rate monitor is integrated into your earphones, and connects to your phone via Bluetooth.
[Does not support ANT+. Four-hour battery life.]
www.jabra.co.za



Fits most MP3 players and smart phones snugly.



FRESH SHOES

THE NIMBLEST NIMBUS

Asics Gel
Nimbus 306g
R2 000
Totalsports and
Sportsmans
Warehouse

TOTAL OVERHAUL On the shelves in every running store, you'll find firm favourites; and the Asics Gel Nimbus is certainly among them. This is the lightest, most flexible and softest version yet.

GENDER-SPECIFIC HEEL

The heel of the women's version of the Nimbus is built 3mm higher off the ground than the men's. This is to help protect against calf and Achilles strain – an affliction more prevalent in women runners. A reflective window in the heel counter helps keep you visible when car lights shine from behind you.

EXPOSED FOAM

The outsole design now includes a larger crash pad on the heel, and bigger spacing between the blown-rubber sections, so there's more exposed foam and less rubber.





ONE-PIECE UPPER

The upper is seamless, made from a single piece of mesh with no stitching, which drastically decreases the chance of irritation, and feels a little more comfortable than it did before.



INCREASE IN GEL

The Gel inserts now feature a visible unbroken section, from the heel to the mid-foot. It may be lighter and softer, but it's more of a visual component than a functional one, because the Gel is mostly placed laterally, and doesn't make up much of the midsole. The softness really comes from the foam, not the Gel.



SOFTTEST EVER

A severe drop in the firmness of the foam component has produced a sole as soft as they get, for the plushiest of rides. Even the new ComforDry X-40 sockliner is 50% softer than in version 16. Speed is not an option; the Nimbus is for slow recovery runs, and for those seeking comfort over pace. 

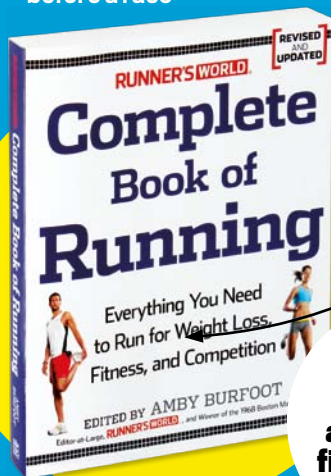
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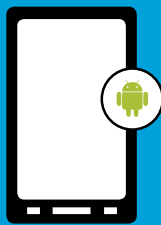
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4

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BEST FOODS FOR RUNNERS

All you need to fuel your runs, speed your recovery and supercharge your immune system

THE EXPERTS

RW's list was compiled with Dr David Nieman, professor of health and exercise science at the Human Performance Lab, Appalachian State University, US, and Dr Phil Maffetone, nutrition researcher and lecturer, coach and author of *The Maffetone Method* and *The Big Book of Endurance Training and Racing*.

FOOD-FUNCTION KEY



FUEL



PERFORMANCE
& HYDRATION



RECOVERY



HEALTH & INJURY
PREVENTION

1



WATERCRESS

Once known as a mere garnish, watercress is now an established big hitter for recovery and damage limitation. The peppery leaves contain hefty amounts of iron, vitamin C and calcium.

Eat Whenever you can.

2



COFFEE

Caffeine is the key ingredient here, and there's heaps of evidence that supports its use as a natural performance booster.

Drink One or two cups of coffee (delivering 3-9mg of caffeine) around 45 minutes before your run.

3

CHIA SEEDS



Little seeds, big punch: they contain fibre, omega-3s, protein and a host of other nutrients. 'As a nutritional package, the seeds are wonderful,' says Nieman.

Eat In smoothies or mixed into a paste with extra carbs (such as coconut palm sugar, see no. 4) as mid-run fuel.

4



COCONUT PALM SUGAR



With a GI of 35, this is a great option for sustained running fuel in sugar form. Amino acids and electrolytes mean it's more nutrient-dense than other sugars.

Eat Sprinkle on grapefruit or porridge for your pre-run breakfast.

5



TURMERIC

The spice contains curcumin, a bone-boosting flavonoid.

Eat Add to curries after training. The root (right) is more powerful than the powder.



8



AMASI

Fermented cow's milk; tastes like cottage cheese. Improves digestion, vitamin absorption and immune response, and reduces inflammation.

Buy R9.99 for 500ml, picknpay.co.za.

9



BANANAS

A study by Nieman found bananas and sports drinks had an equal effect on performance during intense exercise.

Eat Pre-run, and as fuel source when you're tiring on a long run.

10



SPIRULINA

This algae offers nitrates and electrolytes. It's also a highly concentrated protein source, and contains more than 40 key nutrients for optimum health.

Drink Mix two tablespoons into a smoothie with apple juice and mint.

11



GINSENG

Many athletes claim this exotic root can enhance endurance and reduce fatigue.

Eat The root, rather than supplements.

6



GREEK YOGHURT

A bit of an all-rounder: it contains protein, carbs, calcium, vitamins B6 and B12 and potassium, and its probiotic cultures fortify your immune system.

Eat With berries for breakfast.

7

SWEET POTATOES



A fairly low GI of 48 makes them a great option for slow-release fuelling. You also get the powerful antioxidant beta-carotene.

Eat Two baked sweet potatoes the night before a race.

12

CAYENNE PEPPER/CHILLIES



Full of capsaicin, which enhances endorphin production and blood flow. Some research suggests it also has painkilling effects.

Eat Add two teaspoons of cayenne pepper to yoghurt or milk smoothies, or try it in your race drink. →



BEEF



It's one of the best meats for muscle growth, and it can help digestion. "When cooked rare or medium rare, it provides a high amount of glutamine," says Maffetone. "This amino acid is fuel for the gut, helping other foods to be absorbed, to ensure we obtain all their nutrients." Beef also contains the most easily absorbed form of iron, vital for red blood cells and muscle function.

Eat Organic and grass-fed. A 100g steak contains 22-26g of protein.

14



CHICKEN BROTH

Boiling up the bones of the carcass releases nutritious bone broth – great for fighting inflammation (thanks to the glucosamine and chondroitin it contains) and strengthening bones, as it contains calcium, magnesium and phosphorus.

Drink Regularly.

15

EGGS



Chickens, ducks, geese, quail... their eggs all pack a punch. The yolk contains calcium, iron, phosphorus, zinc, thiamin, B6, B12 and folate, as well as omega-3 fats.

Eat Get 6g of protein per large egg at breakfast, post-training and as a snack.

16



MANUKA HONEY

Honey provides quickly absorbed fuel without spiking insulin too dramatically. A Cardiff Metropolitan University study found Manuka kills off bad bacteria in the gut, speeding metabolism.

Eat A spoonful at breakfast and a little on the go, perhaps drizzled on a rice cake.

17



PEA PROTEIN

Of all veggie protein alternatives, pea has perhaps the most potential, thanks to its array of essential amino acids; it's also easily digestible.

Eat Companies such as Beyond Meat in the US have been developing a 'beef-tasting' burger from pea protein.

18

HIMALAYAN CRYSTAL SALT



It contains 84 minerals, including sodium, iron, magnesium, phosphorus and calcium.

Eat Use as seasoning and add to water/coconut water for extra on-the-run electrolytes. (R\$1.99, Wellness Warehouse.)

21



SALMON

A great source of protein (100g of wild salmon contains 25g) and omega-3s. Recent studies have found salmon also contains bioactive protein molecules that may be beneficial for joint cartilage.

Eat A 50g portion at least once a week during heavy training periods.

Beef Up!
A slice is nice, but why stop at one?

19, 20

CHICKEN/TURKEY



Hard to separate these two. Chicken offers slightly more protein per gram, but turkey is leaner. Both pack equal levels of D-Aspartic acid, which aids muscle repair.

Eat White meat without the skin is the leanest option



22



RED GRAPEFRUIT

A great pre-run breakfast, as the sugars go straight into your system. Research at Vanderbilt University, US, found grapefruit speeds up your metabolism.

Eat One red grapefruit for breakfast, with a little Manuka honey (see no. 15).

23



MILK

Milk provides whey and casein proteins, and omega-3s. Going unpasteurised will net you more probiotics – which boost the immune system.

Drink A glass late at night for casein protein – to build muscle as you sleep.

24



CHLORELLA

This green algae contains an astonishing range of essential nutrients (including B vitamins, magnesium, zinc, iron, amino acids, beta carotene and lutein). It's also 60 per cent protein.

Eat Add to juice.

25



GREEN TEA

A study last year found the body can absorb anti-inflammatory polyphenols from green tea during a run. It also contains caffeine.

Drink Instead of normal tea when recovering, or try it mid-race.

26



MOPANE WORMS

They contain three times the protein of beef, and significant amounts of iron and calcium – and they're kinder to the environment than cows.

Eat dried as a snack, or fried with chillies, garlic, peanuts and ginger.



AVOCADOS

An excellent aid for lean-muscle growth, with around 15g of good fats per fruit; and like olive oil, high in oleic acid, which is great for boosting the heart and fighting inflammation. They also aid absorption of antioxidant carotenoids.

Eat Whole, ripe avocado in salads, or as a snack drizzled with olive oil.

29



ALMONDS

High in essential fatty acids and in magnesium, which relaxes the body and helps ward off cramp.

Eat A handful as a snack.



27



BLUEBERRIES

These antioxidant powerhouses boost cardio and bone health and have anti-inflammatory benefits. 'Blueberries may be the best source for reducing runner's oxidative stress,' says Maffettone.

Eat 50g a day, frozen or fresh to combat oxidative stress.



Green Giant Avocados: versatile, healthy, delicious

30



SARDINES

These pack a similar protein profile to tuna, but provide more iron, vitamin D and omega-3s.

Eat On toast with tomato and garlic post-training.

31



PINEAPPLE

Contains the anti-inflammatory bromelain, which can reduce swelling, tenderness and pain.

Eat Fresh (the canning process destroys much of the bromelain). →

xango

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or <http://xango.ultimatewellnessbusiness.com/>



32



COCONUT WATER

A natural sports drink that works well as a fuel/electrolyte source on short, light runs. It's a good source of potassium, but heavier sweaters may need a little more sodium than it provides.

Drink On shorter runs.

33



MISO

The fermented Japanese soya paste is a tonic for the body. It replenishes electrolytes, is high in fibre to help digestion, and contains probiotics, antioxidants and essential amino acids.

Eat A bowl of soup a day if you can.

34



KOHLRABI

The stem of this vegetable contains potassium to help control heart rate and blood pressure, phosphorus to help buffer lactic acid and copper to aid absorption of its iron content.

Eat Grate into a smoothie with ginger and apple juice.

35

LEMONS



They add sugars, electrolytes and flavour to water, and they contain vitamin C, a powerful antioxidant.

Drink Add to water for your runs.



DARK CHOCOLATE



Small amounts could boost endurance. When scientists at the University of California gave mice a purified form of cacao's primary ingredient, epicatechin, twice daily for 15 days, the rodents were able to cover 50 per cent more distance on a treadmill than a control group.

Eat Half a square (5g) of dark chocolate daily is enough to gain the benefits.

37



COCONUT OIL

It contains lauric acid, which boosts the immune system, and medium-chain triglycerides – fats that act like carbs, metabolising directly in the liver.

Eat When you're making stir-fries; move on to trying the occasional spoonful neat.

Dark Matter: ...but don't eat it all at once



38



QUINOA

This low-GI fuel is also a complete protein (offering the full amino acid chain) and is packed with the micronutrients that are needed for muscle growth.

Eat Mix with meat/fish, veggies and olive oil during heavy training periods for energy and muscle development.

39



ACAI

The South American berry is packed with antioxidants and also contains essential fatty acids. A study published in the *Nutrition Journal* found twice-daily consumption of acai pulp could help regulate glucose and insulin levels.

Eat Mix into recovery smoothies.

40



PEPPERMINT OIL

Research published in the Journal of the *International Society of Sports Nutrition* found that adding 0.05ml to a bottle of water for 10 days improved power and time to exhaustion.
Drink A few drops in your water bottle.



46



PAK CHOI

It's high in iron and is packed with vitamins A, C and K. It also contains antioxidant minerals, such as manganese and zinc.
Eat It's great in stir-fries.



41



WHEY

The simple byproduct of making cheese offers the complete set of amino acids and is absorbed more quickly than other proteins, speeding up muscle repair. "Whey also contains the potent antioxidant glutathione," says Maffetone.
Eat Ideally, within 30 minutes of finishing tough sessions.

43



GOJI BERRIES

The berries contain 18 amino acids, more vitamin C than oranges and more beta-carotene than carrots.
Eat/Drink Blend with juices, eat on the go.

44



VENISON

Offers more protein for the kilojoules than almost all other meats, and it's also a great source of iron and zinc.
Eat A 75g steak after a tough run.



45



BEER

It contains powerful antioxidant phenols: a German study showed runners who were given (non-alcoholic) beer for three weeks before the Munich Marathon suffered less inflammation afterwards than a placebo group.
Drink Erdinger Alcohol-Free Beer (R14.45 for 330ml, www.woolworths.co.za.)

47



APPLES

Among many good things, apples contain quercetin, an anti-inflammatory antioxidant.
Eat Like they say, an apple a day.

48



WHITE RICE

A high GI and a lack of fibre make white rice an effective pre-race carb.
Eat A bowl with sea salt and pepper as an early pre-race breakfast.

49



BEETROOT

High in nitrates, which become nitric oxide in the body, widening blood vessels and making more oxygen available to your muscles. A study from Exeter University, UK, found beetroot could help you exercise for up to 16 per cent longer.
Drink A glass of beetroot juice (around 280ml) a day in the week before a race.

50



CHARD

Chard contains folate. "Many runners are deficient in folate, one of the B vitamins necessary to help make red blood cells carry oxygen to muscles," says Maffetone.
Eat In salads and juices. 

42



ORANGES

It's no surprise you see ultra runners in Spain eating oranges on the go – they quench thirst, and with a GI of 40, they provide sustained energy release from fibrous fruit (rather than the quick hit from juice or a gel).
Eat For energy mid-run or when sore post-run.



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RUNNER'S WORLD

Cooking on the Run

Delicious, healthy recipes for fuel and recovery

Lentils replace bulgur in this tabbouleh, which is rich in carbs, protein and fibre. It serves as a base for the grilled salmon in a recovery recipe from culinary nutritionist Stefanie Sacks, author of *What the Fork Are You Eating?* (takealot.com, R214).

Ingredients

TABBOULEH

- 190g green or brown lentils
- 700ml water
- 60ml extra virgin olive oil
- 120ml lemon juice
- 1 clove garlic, crushed
- 4 spring onions, thinly sliced
- 25g coarsely chopped flat-leaf parsley

- ½ cucumber, peeled, deseeded and diced
- 225g cherry tomatoes, quartered
- 1 tsp salt

SALMON

- 6 salmon fillets (115g each)
- Juice of 1 lemon
- ½ tsp salt
- 3 tsp extra virgin olive oil

Method

TO MAKE THE TABBOULEH

- 1/ Put the lentils and water in a small pot, cover and bring to the boil. Turn down the heat and simmer, covered, for 15 minutes or until tender.
- 2/ Meanwhile, in a bowl, toss together the oil, lemon juice, garlic, spring onions, parsley, cucumber, tomatoes and salt. When the lentils are cooked, drain, then add to the bowl and toss to combine. Taste and season accordingly.

TO MAKE THE SALMON:

- 1/ Rinse the salmon under cold water, then pat dry with a paper towel. Squeeze the lemon juice over the flesh side, then season with the salt.
- 2/ Brush the salmon with 2 tsp of oil. Heat a grill pan on medium-high heat and add the remaining oil. Cook the salmon, skin-side down, for 4 mins.
- 3/ Flip and cook for 2-3 mins more. Squeeze over any remaining lemon juice and serve on the tabbouleh. ➔

POST-RUN

KJ 1720*

CARBS 25g*

FAT 20g*

PROTEIN 34g*

SERVES 6 PREP 25 MINS

Chickpea

PRE-RUN

KJ 770

CARBS 29g

FAT 4g

PROTEIN 6g

SERVES 10 PREP 40 MINS

RW contributing chef Nate Appleman enjoys this spread for lunch, but it also works well as a breakfast. Appleman eats it as is on toast, or tops it with avocado and tomato.

Ingredients

- 1 tbsp extra virgin olive oil, plus more to drizzle
- 1 clove garlic, crushed
- 1 red onion, diced small
- 1 carrot, diced small
- 1 celery stick, diced small
- 1 tsp red pepper flakes
- 120ml white wine
- 425g tin chickpeas, drained and rinsed
- 1 handful spinach
- 60ml water, plus more if needed
- ½ bunch parsley, coarsely chopped
- 1 loaf bread

Method

- 1/ Heat the olive oil over medium heat in a large pan. Add the garlic, onion, carrot, celery and pepper flakes. Cook for 4 mins, or until softened and translucent. Deglaze the pan with the wine and reduce completely.
- 2/ Add the chickpeas, spinach and water. Cook for 20 mins, adding water if the pan gets too dry. In the last few minutes of cooking, stir in the parsley. Mash the mixture with a potato masher and remove from the heat.
- 3/ Cut the bread into 10 slices, drizzle with the oil and toast on a grill until nicely charred.
- 4/ Spread the chickpea mixture on the bread and serve.

Spread
for
Bruschetta



SERVES 12 PREP 40 MINS

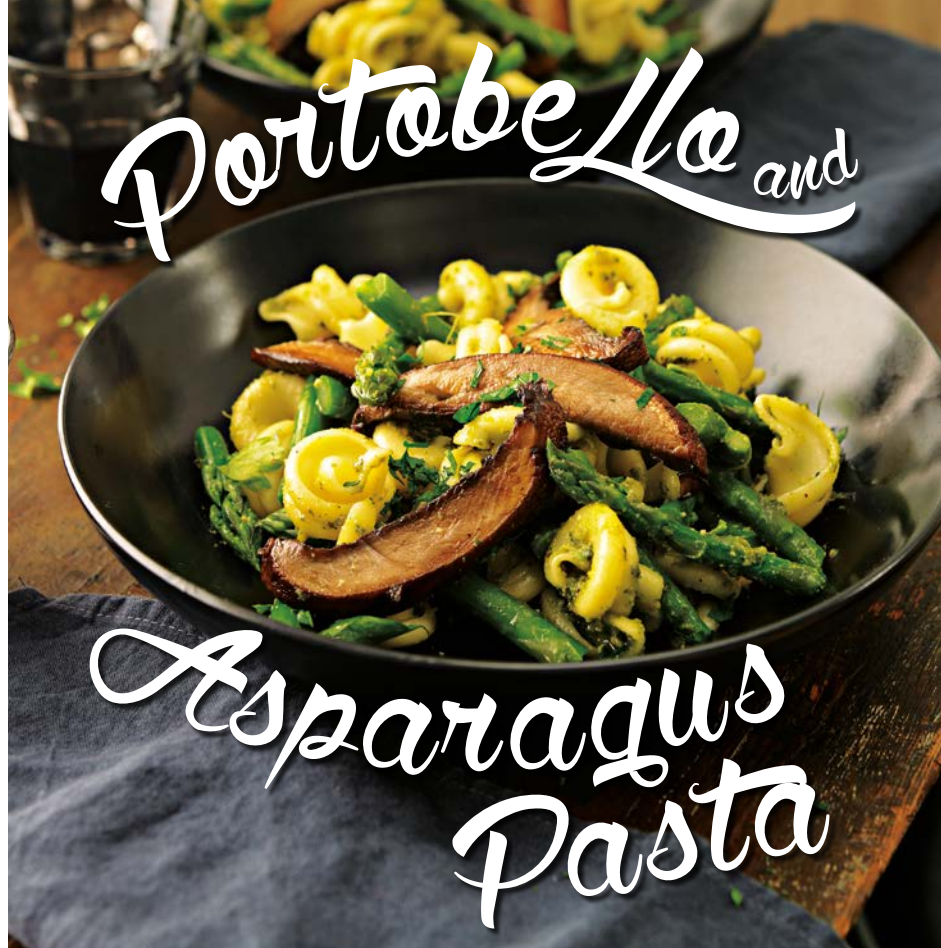
These oaty combos from *RW* contributing chef Lydia Maruniak are the perfect pre-run power snack. Plus, they're natural, and they taste much better than anything that comes in a plastic wrapper.

Ingredients

- 100g chopped walnuts
- 2 overripe bananas
- 120ml vegetable oil
- 200g granulated sugar
- ½ tsp vanilla extract
- 230g rolled oats
- 100g plain flour
- ¾ tsp baking powder
- ½ tsp salt
- ½ tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp baking soda
- 90g dried cranberries

Method

- 1/ Heat the oven to 180°C. Coat a 20x20cm baking tray with a thin film of oil. Toast the walnuts on a separate, ungreased tray for 8 mins.
- 2/ Meanwhile, mash the bananas in a bowl. Add the oil, sugar and vanilla extract. Mix until smooth.
- 3/ In a large bowl, combine the oats, flour, baking powder, salt, cinnamon, nutmeg and baking soda. Stir into the banana mixture. Fold in the walnuts and cranberries.
- 4/ Bake the mixture in the prepared tray for 25-30 minutes. Allow to cool completely before cutting.



SERVES 8 PREP 25 MINS

Chef Philippe Forcioli tucks into this carb-loaded dish the night before a long run when he's in marathon training. Mushrooms and asparagus provide B vitamins, and pesto contains heart-healthy unsaturated fat. Leftover pesto will keep in the fridge for a week.

Ingredients

PESTO

- 90g pine nuts
- 20 large fresh basil leaves
- 25g fresh parsley
- 120ml extra virgin olive oil
- 25g freshly grated Parmesan cheese
- 4 cloves garlic, very coarsely chopped
- ½ tsp salt
- ¼ tsp ground black pepper

PASTA

- Salt
- 680g tortellini or farfalle
- 32 asparagus spears, chopped into bite-size pieces
- 1 tbsp extra virgin olive oil
- 2 large portobello mushroom caps, sliced (remove gills with a spoon)
- 4 tsp chopped fresh parsley

Method

TO MAKE THE PESTO

Blend the pine nuts, basil, parsley, oil, cheese, garlic, salt and pepper in a food processor until medium smooth.

TO MAKE THE PASTA

- 1/ Cook the pasta in boiling, salted water for 5 mins, then add asparagus.
- 2/ In a pan, heat the oil. Add the mushrooms and cook for 7 mins.
- 3/ Strain the cooked pasta and asparagus, keeping about 120ml of the water. Return pasta and asparagus to the pot with half the water. Add the pesto. Stir in remaining cooking water.
- 4/ Top with mushrooms and parsley. →

Breakfast Pita

with

Apricots and Feta Cheese

POST-RUN KJ 1 725 CARBS 50g FAT 17g PROTEIN 16g

SERVES 1 PREP 10 MINS

A great recovery breakfast after your run, courtesy of *RW* recipe contributor Amy Gorin. The tomato, onion and red pepper contain antioxidants that reduce free radical damage. The saltiness of lean bacon, feta and olive tapenade balances the sweetness of the apricots and helps replace sodium lost through sweat. They also provide protein and some fat to help keep you full for longer.

Ingredients

- 2 rashers of lean bacon
- 1 wholewheat pita
- 1 tbsp olive tapenade
- 3 dried apricots, diced
- Half a small tomato, sliced
- A few thin slices of red onion
- ¼ red pepper, thinly sliced
- 3 tbsp crumbled feta cheese

Method

- 1/ Heat a pan. Add the lean bacon and cook for 5 mins, until crisp. Remove from the pan and drain on a paper towel.
- 2/ Slice the pita in half and toast it. Spread the tapenade inside both pita halves.
- 3/ Fill the pita halves with the apricots, tomato, onion and pepper. Add the lean bacon and feta.



PRE-RUN KJ 1 080 CARBS 38g FAT 10g PROTEIN 8g

SERVES 4 PREP 30 MINS

RW nutrition writer Jessica Migala takes classic tomato soup up a gear. Fibre-rich chickpeas help you feel full for longer, and tomatoes are an excellent source of the antioxidant lycopene.

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 onion, diced
- 2 cloves garlic, crushed
- 800g chopped tomatoes
- 270ml low-sodium vegetable stock
- 1 tsp sugar
- ¼ tsp ground black pepper, plus more as needed
- 430g chickpeas, drained and rinsed
- 55g basil pesto

Method

- 1/ Heat the oil in a large pot over medium heat. Add the onion and cook for 4 minutes, stirring frequently. Add the garlic and cook, once again stirring frequently, for about 30 seconds. Add the tomatoes and stock and bring to the boil.
- 2/ Reduce the heat and simmer for 5 minutes. Add the sugar and pepper.
- 3/ If you prefer a smooth texture, stick the mixture in a blender and purée until smooth. Then transfer the soup back to the pot. If you prefer a chunky texture, skip this step.
- 4/ Add the chickpeas, cover with a lid and simmer for 10 minutes. Season to taste with pepper. Ladle the soup into bowls and top with a dollop of the basil pesto.

Mediterranean Pizza

Ingredients

- 1 thin (30cm) wholewheat pizza crust
- 55g pesto
- Large handful rocket or baby spinach
- 170g smoked ham, coarsely chopped
- 115g sliced roasted red peppers
- 40g sliced olives (optional)
- Handful torn fresh basil
- 115g goat's cheese, crumbled
- Ground black pepper

POST-RUN

KJ 1785

CARBS 37g

FAT 21g

PROTEIN 29g

SERVES 4 PREP 15 MINS

Yes, you can have pizza without sabotaging your finely-tuned body. In fact, it can even provide a nutritional boost. Nutritionist Matthew Kadey uses wholewheat crust here, which offers more fibre and energy-generating B vitamins than the standard variety, which uses refined flour.

Method

- 1/Heat the oven to 200°C. Place the pizza crust on a baking sheet and bake for 6 minutes.
- 2/Spread the pesto on the crust. Add the toppings. Season to taste with black pepper. Cook until the toppings are hot. ➔



Thai Beef and Mangetout

Stir-Fry

POST-RUN

KJ 2 250

CARBS 67g

FAT 15g

PROTEIN 35g

SERVES 4 PREP 30 MINS

This delicious carbohydrate-and-protein combo from nutritionist Dr Liz Applegate makes a perfect post-run dinner to rebuild and refuel depleted muscles. It's also quick and easy to prepare, so it won't overtax you when you're knackered from your exertions.

Ingredients

- 250g soba noodles or wholewheat spaghetti
- 1 tbsp canola oil
- 340g sirloin beef, sliced into 3cm pieces
- 225g mangetout, trimmed
- 130g Thai peanut sauce
- 230g sliced water chestnuts, drained
- Salt

Method

- 1/ Bring a large pot of water to the boil, then add salt and the noodles/spaghetti. Cook as per instructions.
- 2/ Meanwhile, in a large pan, heat the oil over medium-high heat. Add the beef and cook, stirring frequently, for 3 mins, until lightly browned.
- 3/ Add the mangetout and cook, stirring frequently, for 3 mins. Add the peanut sauce, water chestnuts and cooked noodles. Toss to coat everything with the sauce.

POST-RUN

KJ
895CARBS
18gFAT
7gPROTEIN
19g

SERVES 6 PREP 45 MINS

Chicken noodle soup gets an upgrade with Matthew Kadey's wholegrain version. The slow-release carbs in quinoa restock your energy stores, while the amino acids in chicken rebuild muscle tissue.

Ingredients

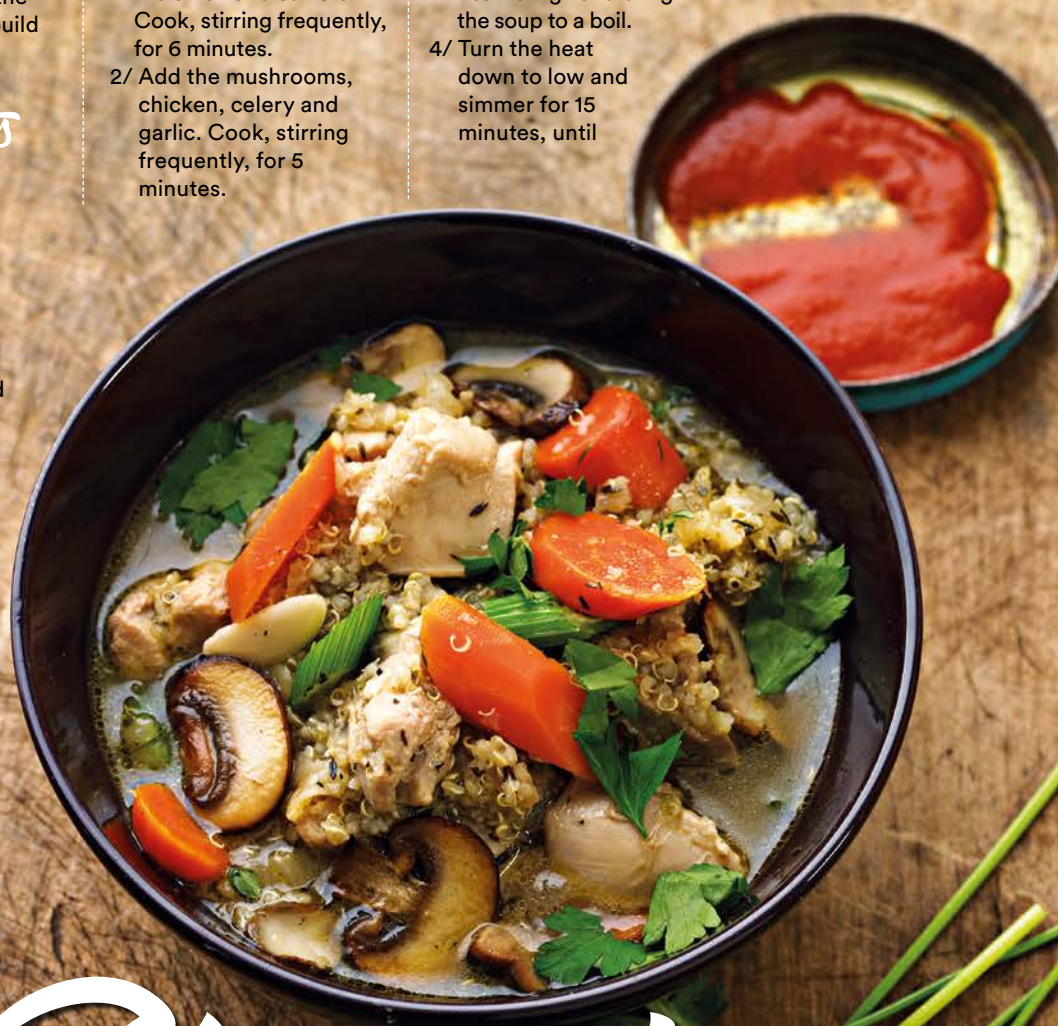
- 2 tsp canola oil
- 1 onion, diced
- 2 carrots, sliced
- 450g boneless chicken thighs, chopped
- 70g sliced mushrooms
- 2 celery sticks, sliced
- 2 cloves garlic, crushed
- 940ml chicken stock
- 240ml water
- 130g quinoa
- 2 tsp fresh thyme (or 1 tsp dried)
- Salt and ground black pepper to taste
- Chopped fresh parsley (optional)

Method

- 1/ Heat the oil in a large pot over a medium heat. Add the onion and carrots. Cook, stirring frequently, for 6 minutes.
- 2/ Add the mushrooms, chicken, celery and garlic. Cook, stirring frequently, for 5 minutes.

- 3/ Add the stock, water, quinoa and thyme. Season to taste with salt and pepper. Raise the heat to high and bring the soup to a boil.
- 4/ Turn the heat down to low and simmer for 15 minutes, until

the quinoa is tender. Ladle into bowls and top with the parsley (if using). 

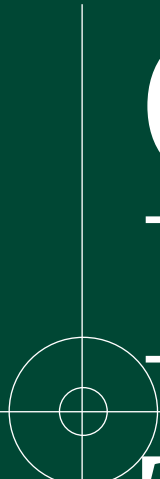


Chicken Quinoa Soup



Jonkershoek:
Despite recent
fires, the fresh
perspective on
Table Mountain
is worth the
big climb to
the top.

32



GREATEST PLACES TO RUN IN SOUTH AFRICA

COMPILED BY LISA NEVITT

SOUTH AFRICA IS A COUNTRY RICH IN DIVERSITY, IN BOTH POPULATION AND TERRAIN. WITH SO MUCH CHOICE, HOW DO YOU COME UP WITH THE BEST PLACES TO RUN IN SA? ASK SA'S LEADING RUNNERS...

F

rom the grasslands of Mpumalanga, to the forest tracks of Karkloof and the scenic splendour of coastal rock-hopping, South Africa is a playground for runners. So how do you decide on the greatest places to run in SA, when there's so much to choose from? We decided to consult the experts themselves - the runners who traverse our glorious land, and spend every day finding new routes. Newly-crowned Comrades champ Caroline Wöstmann, Soweto Athletic Club chairman Ishe Sidiki, and trail legend Ryan Sandes are among those who shared their greatest places to run in SA.

Share your greatest places to run in SA on Twitter and Facebook, by including:

#greatrunsSA and @runnersworldza



▶ **LOUIS
MASSYN**

43 COMRADES, 40 TWO OCEANS

01 **VAN RHYN'S PASS, R27**

We chanced upon this beautifully-tarred pass when we were travelling to the West Coast, after we'd spent the night in the nearby town of Nieuwoudtville. It ascended the Bokkeveld Mountains ahead of us, and there was a most spectacular view from the parking area, overlooking the inhospitable Knersvlakte.

There and then, I decided I simply had to run up that winding mountain pass, all the way to the top. But I knew it would be steep and tough, and for that I'd have to steel myself. I gulped litres of oxygen as I ran up the hill, and my wife provided much-needed refreshments at the roadside. Nearing the summit, I was quite breathless from exertion. There was a brisk breeze; the vegetation was sparse and scrubby and delicately laced with thorn trees, as well as aloes and other succulent plants.

02 **GOLDEN GATE HIGHLANDS NATIONAL PARK, EASTERN FREE STATE (CLOSE TO THE LESOTHO BORDER)**

In the gateway to the mountain pass, the vast, deeply eroded sandstone cliffs were gold and copper - I distinctly remember the outcrop of the Brandwag rock. This is the kind of run you have to take slowly, stopping to take photos so that you don't

miss any of the remarkable vistas. Because surrounding the charming Basotho villages is the finest highland scenery, where many species of game graze, and a variety of birds delight their watchers.

03 **PRINCE ALBERT, CENTRAL KAROO**

Once a town of quaint gables and a forgotten gold rush, Prince

Albert is now a place where top chefs compete on popular TV show *Kokkedoor*. Still, it's an enchanting sanctuary atop the thirsty land of the Great Karoo, watered by streams from the Swartberg Mountains.

Running from town towards the Swartberg Pass and the historic water mill, you'll encounter a dirt road that winds up the Pass - one steep enough to require masses of willpower.

*Signal Hill:
Start in the
bustling city,
for a dynamic
contrast with
tranquil
nature.*



I felt abandoned amid the ancient rocks, no living soul as far as the eye could see. But I found myself going easily up the pass, methodically pounding the tarmac alone. Sometimes, you must run off the beaten track.



► DEIRDRE LARKIN

10KM AGE GROUP WORLD
RECORD HOLDER

04 ROBIN HILLS, RANDBURG

I consider myself very lucky to live close to Robin Hills, because figuring out where to do my hill training isn't difficult at all – they're everywhere!

I like running early in the morning, even if it's cold, when the roads are free of traffic, and I feel as if I have the whole world to myself. I live close to the Klein Jukskei River, so there's often a heavy mist, which adds a sense of magic to the tall trees and leafy lanes it blankets. The circular, seven-kilometre route includes two parks – and depending on the season, I'll add on a smattering of trail running.

05 SEA POINT TO CAMPS BAY, CAPE TOWN

Although I don't usually go for long runs on my own, when I travelled down to Cape Town to participate in the Two Oceans I went for a lovely solo trot. The pavements were broad and smooth – quite unlike the potholed roads I'm used to navigating in Joburg. The sun rose gloriously, colouring the sky, and the white crests of waves out at sea looked like majestic sea horses. The only signs of human life were two

large ships on the horizon; it seemed to me they were moving very slowly. Aside from the fierce energy of the sea, it was peaceful, and once again I felt alone in the world.



► EMMA CARPENTER

WOMEN'S CAPTAIN, ATLANTIC
ATHLETIC CLUB

06 CAPE TOWN CBD TO SIGNAL HILL

I've run the same 15km route every Sunday for the last eight years – races, holidays and bad weather permitting. It's convenient, because I can leave directly from my house;

but what I love most about this route is the transition from city to nature. Start at the parking lot at Kloof Nek instead, and you'll miss out on the dynamic contrast between the two.

This run changes so radically; from week to week, and from month to month. I've been caught in rolling sea mist and hailstones, and witnessed the vibrant arches of rainbows. I can guess the season just by looking at Lion's Head – yellow in September, patches of pink later on in the year. Swallows dive and feast on flies before migrating to Europe in late summer; and in the spring, to my delight, I see the first ones return. Butterflies, tiny mongooses – even the odd dung beetle has put in an appearance. And if you're lucky, and the thermals are right, you'll see birds of prey and paragliders hovering overhead.

A quick look out of my bedroom window to check the weather on Lion's Head, and I'm off through town, →



before a tough slog up Kloof Nek. I stop at a handy water tap at the Kloof Nek parking lot, before I turn right onto Signal Hill. I stay on the right-hand side of the road, to face oncoming traffic and to admire the city bowl, and the distant Hottentots Holland Mountains. The road undulates and twists, overlooking the Waterfront and Sea Point, as it bends around to the car park. At the viewpoint, I usually have a quick stretch and watch paragliders taking off. On my return, the sight of Table Mountain, the Twelve Apostles and Lion's Head never fails to amaze and delight. I keep my eyes open for birds, wild flowers, and smaller mammals indicative of the season. After dodging tourists at the base of Lion's Head, I return off the hill and back through the city.

A tip: the last leg of the Kloof Nek Classic won't feel as hard if you run it every Sunday!



▶ RYAN SANDES

TRAIL-RUNNING SUPREMO

07 CAPE ST FRANCIS, EASTERN CAPE

I've been visiting our family holiday home in this small holiday town since I was a teenager, and I have fond memories of the simple life here; laid-back and relaxed.

For runners, it's paradise. There are quiet roads to run on, epic coastal trails to explore, and an endless beach. My personal favourite is the

out-and-back coastal trail along the Wild Side. Running this trail at sunrise (or sunset) is magical, the ultimate runner's high. Afterwards, I cool down at one of the rock pools – just beware of the sea urchins! – and then I hit the local breakfast hangout for bacon and eggs, washed down with a coffee or two.

08 HOUT BAY, CAPE TOWN

At the base of Table Mountain, Hout Bay is the ideal running destination. There's a huge variety of trails, from super-technical, to steep ascents and wide jeep tracks. The trails above Chapman's Peak extend all the way to Silvermine and Cape Point.

Prefer running on the tarmac? You'll enjoy Chapman's Peak Drive, or the coastal road towards Hout Bay; there aren't many places in the world that can beat those incredible mountain and ocean views.

Great restaurants and coffee shops are abundant in Hout Bay. Grab a coffee at the Hout Bay Roastery, and if you're looking for something more substantial, La Cuccina does a healthy buffet breakfast or lunch.

09 KAAPSEHOOP, MPUMALANGA

One of South Africa's best-kept secrets, Kaapsehoop is an old mining town, perched on the edge of the escarpment next to the Berlin Forest. There are 80 kilometres of well-maintained, marked hiking trails along the edge of the escarpment. We've spotted plenty of wild horses that were once abandoned there when the gold ran out, and we've run out of steep gorges and crossed crystal-clear, ice-cold rivers.

After my morning run, I visit Koek a Pan, a local pancake

house. You can go horseback riding or quad biking during the day, but I prefer an afternoon siesta. A braai in the evening is always a winner!



▶ CAROLINE WÖSTMANN

WOMEN'S WINNER, 2015 TWO OCEANS AND COMRADES MARATHONS

10 FORT KLAPPERKOP, PRETORIA

Nothing lights up my day more than witnessing the sunrise. This little oasis in the middle of the city is home to a variety of wildlife. I've often been greeted by a herd of zebra grazing at the roadside. The views over the city are spectacular; and when you combine them with a glorious sunrise, you have a start to the day that those lying in bed won't even be able to dream about. To keep you in high spirits, the way back into the residential suburbs of Pretoria is all downhill – so you arrive back at home feeling fantastic!

11 TUKS SPORTS GROUND, PRETORIA

The grounds have some off-road sections, and two beautiful dams that are home to a variety of bird species. Early in the morning, there's very little traffic in this tranquil environment, and you can easily cover about 5km within the grounds.

12 FAERIE GLEN, PRETORIA

A longer run, heading away

from Lynnwood, through Faerie Glen and towards Mooikloof, is both refreshing and liberating as you reach the openness of the countryside. Spectacular views are your reward for many tough climbs.

(Try to stay off Lynnwood main road, to avoid traffic – take the back roads instead.)



▶ IAIN DON-WAUCHOPE

SKYRUN WINNER

13 MONKS COWL RESERVE, CENTRAL DRAKENSBERG

A combination of spectacular mountain scenery, fresh air, mid-altitude – and it's close to home.

I always run this route early in the morning, following single tracks, navigating rocks, and crossing small streams. Starting at the KZN Wildlife entry gate at Monks Cowl, I ascend past Sphinx and Breakfast Stream, and reach the contour path at Blind Man's Corner. Then I turn left, heading along Injisuthi on the contour path, and keep left along Shada Ridge, just before descending Van Heyningen Pass. While heading back along Shada Ridge, there are great views of Monks Cowl Peak, which is hidden from view from the Cathkin Valley.

14 GARDEN CASTLE, SOUTHERN DRAKENSBERG

A mid to high-altitude, technical trail with some scrambling; the terrain is rocky, and the escarpment is difficult to climb.

Starting at the KZN Wildlife

A full-page photograph of a vast, layered mountain range, likely the Drakensberg in South Africa. The mountains show distinct horizontal geological strata in shades of brown, tan, and grey. In the foreground, a runner is visible on a grassy slope. A large, semi-transparent green circle with the number '13' is overlaid on the left side of the image. A blue arrow points from the bottom left towards a small white building nestled in a valley on the right side of the image.

13

*The
Drakensberg:
Spectacular
mountain
scenery on Don-
Wauchope's
doorstep.*

Garden Castle office, I head up past Pillar Cave and the three Little Caves, continuing up the Mashai Pass until I reach the escarpment. I turn right and continue for about two kilometres along the escarpment, to Rhino Peak, at 3051 metres. Then I turn and head back – treading carefully on my way down, because the descent is more treacherous than the ascent.

15 MOUNTAIN SPLENDOUR, CENTRAL DRAKENSBERG

Mid-altitude and close to home, this route features tar, single tracks, lots of steps and some rocks.

I start at Mountain Splendour, at 1200 metres, and head up to Monk's Cowl Reserve entry gate. I ascend up Keartland's Pass, and continue up to Blind Man's Corner, before turning back, down past Sphinx towards Monk's Cowl.

climbs, rocky footpaths, steep ascents and descents, and some rock scrambling as you draw nearer to the summit.

18 STELLENBOSCH BERGPAD

Depending on which route you take, your run can be anything between eight and 20 kilometres. There's a mixture of easy jeep-track running and flowing single tracks suitable for beginners.

Running In Soweto: An opportunity for the locals to show off their history.



► LANDIE GREYLING

RECORD-BREAKING ULTRA-DISTANCE TRAIL RUNNER

16 JONKERSHOEK NATURE RESERVE, STELLENBOSCH

From the gate, and up the Panorama hiking trail, then back to the gate, there's a mixture of easy jeep-track running, steep climbs and semi-technical single tracks.

17 BOTMASKOP, STELLENBOSCH

From the top of Unielaan to the summit and back, you have a combination of sharp jeep-track





► ISHE SADIKI

CHAIRMAN: SOWETO ATHLETIC CLUB

19 ORLANDO WEST, SOWETO

Because this circular route is hilly, it's where us locals go to train if we have big races coming up. But it's also a unique opportunity for us to show off the history of our township to people who join our runs from other areas.

It starts at Thokoza Park, opposite the Regina Mundi church; long considered a gathering place for the people of Soweto, it's the largest

Roman Catholic church in South Africa. A patch of cross-country terrain leads through the park, for around 1.5 kilometres, towards Mofolo Village. There's a short uphill section, which is around 600m long, up Mahalefele Street in Dube Village. When we reach Orlando West, we run down Vilakazi Street – part of the Soweto Marathon route, it's where the former homes of Mandela and Tutu are located. And on Khumalo Street, we pass the Hector Pieterse Memorial, which commemorates the role of the country's students in the struggle against apartheid.

20 CHIAWELO, SOWETO

The beauty of this route is that it allows many opportunities to take a short cut back to the start, should



RW Staff Picks

Top places to run, by the *Runner's World* team.



21. Durban Beachfront, KZN

The revamped Durban beachfront is wide, tropical, and a year-round running spot that rivals places like Miami and San Francisco. Park your car safely for R10 at Suncoast Casino, and either head down towards uShaka Marine World and back (around 8km), or all the way up north to Blue Lagoon. With good security and lights in winter, it's safe, flat and – on a warm day – the perfect way to wind up your afternoon. – MIKE FINCH

22. Cecelia Forest, Cape Town

Starting at the Cecelia Forest

parking, head towards Constantia Nek, and then up onto the contour path, back into Kirstenbosch. Run all the way along the contour path, before dropping down onto the top road at Kirstenbosch, and then wind your way home to the parking lot. It's a tough 11km, but the route delivers amazing views, challenging terrain and thrilling single track. – MF

23. Cederberg, WC

Host to the Cederberg Traverse, this stunning area of the Western Cape is endurance heaven. You can run multiple days, camp overnight and admire some incredible rock formations. Access the Cederberg from Clanwilliam. – MF

24. Karkloof Nature Reserve, KZN

Best known for its mountain-bike trails, the Karkloof is also a superb trail-running venue. Single tracks, misty forests, grassland and wetland habitats make it one of the most beautiful places to run in SA. Book a lodge and stay the weekend. – MF

25. The Oyster Catcher Trail, Mossel Bay

A harsh but beautiful coastal adventure, featuring long stretches of golden beach, massive sand dunes, single tracks, and rocky boulder gardens. If you're lucky, you might spot a little black bird – the Oyster Catcher. – LISA NEVITT



26. Knysna Forest, Garden Route

There are lush, tall pine trees, blanketed in early-morning mist, and a deep gorge with thick indigenous forest where the Goukamma and Knysna rivers converge. And in the distance, the small town of Brenton-on-Sea hugs the coast. – LN

27. Tafelberg Road, CT

At the base of Table Mountain, a 10-kilometre, out-and-back route overlooks the blinking lights of the city, the harbour, and the faraway Hottentots Holland Mountains. Best enjoyed at the start of a new day, when it's deliciously quiet, and the sunrise throws magnificent oranges and purples across the sky. There are a couple of short, sharp hills thrown in for a challenging workout. – LN

28. Constantia Greenbelt, CT

An oasis in the city: in just minutes, you can be off the bustling highway and plunging down leafy single track, via forest glades and rickety-bridge stream crossings. A wide choice of routes means the company of dog-walkers and horse-riders, or just the sound of your breathing and the peace in your soul. – DAVE BUCHANAN

29. Hermanus Cliff Path, WC

Trail running doesn't get much better. Run between the many bays, stop off for a quick dip along the way or just walk, drinking in the wonder of the coastline. It's not easy, with lots of undulations, tight turns and tree-ducking to be done; but it's a bucket list run for anyone with a pair of shoes. – MF

PHOTOGRAPH BY MARK SAMPSON (OYSTER CATCHER); SUPPLIED BY ADIDAS (DURBAN PARKRUN)

From Facebook & Twitter

Where are your favourite places to run?



Trail for life! **Silvermine and Tokai** (before the fires), and the contour path from Newlands Forest to Constantia Nek is breathtaking! - SHELLEY BOLLE

Beautiful run on **PE's beachfront**.
- BEVERLEY MORGAN

All around the **Elgin Valley, near Grabouw**. Lots of singletrack, thanks to the mountain bikers.
- LOREN RUTHERFORD

Must be **Noordhoek and surrounds!** - KATHY BERGH

Anywhere, everywhere, whenever I feel like hitting the road. - KHUNJULWA MKOKA

Next to the beach in **Blouberg**.
- NICOLEEN ROETS

The Cradle in Krugersdorp.
- HANS JUNG

Along the beach at **Bloubergstrand**.
- LIZELLE MEYER

The **Om Die Dam route near the Hartbeespoort Dam**.
- KHANYA THABETE

Kloof Nature Reserve. Like running through a tropical forest... mainly because you are!
- GERT CRUYWAGEN

There's only one thing better than cycling along the **Harkerville routes** in Knysna... running them! - STEF TINKLER

The **Spruit in Johannesburg** is still such a lovely oasis, in a bustling city. - JAMIE LYNN-BAXTER

Everyone thinks Bloemfontein is dry and flat. Run up **Naval Hill**, and you'll change your mind. - FANUS OBERHOLZER

32



you decide to run a shorter distance; and the first five to 10 kilometres are run through scenic Thokoza Park. Although it does feature a couple of hills, this route is fairly flat, unlike Orlando West.

You'll pass the Walter Sisulu Child and Youth Care Centre, as well as a number of hotels, in the suburb of Kliptown. In Dlamini, you'll find the Avalon Cemetery – one of the largest graveyards in South Africa, and still being used today. And the residence of Dingaen Thobela, a famous boxer who was affectionately known as 'The Rose of Soweto' in

his heyday. An uphill section passes the Chiawelo Clinic, before the road meanders past the Moroka Police Station, and returns through the park.



► **LES BURNARD**
PRESIDENT, COLLEGIANS
HARRIERS ATHLETICS CLUB

Of the various points where you can start, the entry on to the beach at Eastward Ho is the most exhilarating. The Indian Ocean, huge sand dunes, and bush paths, interspersed with a plethora of bird life, buck and dassies; it all makes for a testing and enhancing experience. The possibility of taking in three rivers en route further adds to the adventurous spirit of the run.

Many locals have never ventured into the area, and fishermen are usually the only other humans in sight (the one exception being those who study the many families of musselcracker that have made the 'Republic of Danger Point' their home).

Shod or barefoot, the surface is runner-friendly; there are few better ways to start a day.

*Kei Mouth:
Running high
above the
Indian Ocean,
spot birds,
dolphins and
whales.*

30 OAK PARK, PIETERMARITZBURG

My friends and I love to train in this beautiful little suburb, where there is little traffic and the Cascades forest is right on our doorstep. The weather on the northern side of the city tends to be cooler, there are plenty of hills to make us strong – and of course, an enormous number of trails through the forest.



► **BOB NORRIS**
JOURNALIST AND
RACE ORGANISER

32 KEI MOUTH / MORGAN BAY, EASTERN CAPE

Any runner would be happy for their last run to be here. Three magnificent krantzies are at the epicentre, the backdrops simply breathtaking.

Morgan Bay Hotel has invested in enhancing the krantz experience by opening up trails that few would've imagined existed. There are moments that offer a Hogsback-forest feel to the run.

Those who've run this little piece of heaven will have experienced the views from high above the Indian Ocean. In the winter months, the best option is to run 'on top of' the sardine run, as it were, looking down at the frenzy of birds, dolphins and other species taking part in this unique phenomenon.

Whales come through during the months of May to December, and the exhilaration of running on the edge of a krantz and watching these magnificent mammals at play cannot be surpassed.

Summer or winter, alone or in a group, every run is sure to offer something different. 

31 GONUBIE TO NAHOON, EASTERN CAPE

The Surfers Challenge is a renowned, annual coastal event. A number of runners use a portion of the route, from Gonubie to Nahoon, as a regular training run; probably because every outing offers a new experience, free of traffic.





ON TOP Pretoria's Caroline Wöstmann, a mother of two, celebrates an historic SA win at this year's Comrades Marathon. She was the first South African winner since Rae Bisschoff in 1998, and clocked the third-fastest 'Up' time in history.

PART 1

HOW THEY WON THE COMRADES

IN MAY, CAROLINE WÖSTMANN BECAME THE FIRST SOUTH AFRICAN WINNER OF THE COMRADES MARATHON SINCE 1998, WITH A DOMINANT DISPLAY TO ADD TO HER WIN AT THE OLD MUTUAL TWO OCEANS MARATHON. HER COACH, LINDSEY PARRY, SHARES HIS DAY OF NERVES, AND THEN CELEBRATION, AS WÖSTMANN AND FELLOW SOUTH AFRICAN CHARNE BOSMAN BECAME THE NEW DARLINGS OF LOCAL ULTRA-DISTANCE RUNNING.

IT WAS A STRANGE FEELING to expect not only a South African win, but two South Africans on the podium in the ladies race. I had been calm and confident for weeks; but when the day arrived, I felt really nervous – more nervous than if I was running.

THIS WAS SO UNLIKE Two Oceans, where the win had come from nowhere. In training on the track, and also in their final long runs, it was clear to me that both Caroline and Charne should go sub-6:20, and I didn't believe there was anyone else in the field who was capable of that this year.

THE PLAN WAS SIMPLE: hold back as long as you can stand it, run so easy that it feels a little frustrating – and then, from around 55km, unleash. We didn't want to take the lead until late in the race, with the last 20km being ideal.

THE FIRST CHECKPOINT was the top of Cowies Hill (17km): Caroline was sitting in fourth, about 30 seconds ahead of the pacing plan, and Charne was in a group at ninth, 10th and 11th. I was a tad worried that Caroline was so close to the front of the race already, but she was

looking so comfortable. It was a case of so far, so good.

EN ROUTE TO THE FOOT OF BOTHA'S HILL, I heard that Caroline had moved into first. My heart jumped, as this was way too early; she would now be under pressure all day. I waited nervously to see her at Botha's so that I could gauge her effort. She was now 1:30 up on the pace plan – but importantly, she was absolutely jogging. At this point I realised her legs were great, and that Two Oceans was not going to trip her up. She did look a bit panicked, because everyone was telling her to slow down – but I assured her that she looked fantastic, and to keep going.

OUR NEXT MEETING POINT was Inchanga at 53km. News came that Caroline had gone through Drummond in 3:10, which was three minutes ahead of schedule – and Charne at 3:18, which was four minutes *behind* schedule. But Charne had moved into sixth place, and had commented to her husband that she “wanted to go”. Caroline looked like she was in cruise mode, and was a full five minutes ahead of schedule by 53km. In two kays she could unleash; and I wondered if the record was in danger. *[Elena*

Nurgalieva established the ‘Up’ record of 6:09:23 in 2006; in the end, Wöstmann finished in 6:12:22, over a course that was 880m longer than in previous years. – Ed.]

There was a slightly anxious wait in Camperdown, at exactly 25km to go. This is where, mentally, the race gets really tough – you’ve been running for hours. In Caroline’s case, she was running so fast she’d burned off her male TV runners up Inchanga, and had run through Harrison Flats and Cato Ridge alone. My earlier confidence had faded – what would she be like with so many kays still to run? We needn’t have worried. Caroline stormed through, six minutes ahead of schedule.

I’VE STILL NOT TOLD ANYONE, but our planned finish time was 6:15 – so six minutes faster meant a new record! Importantly, Caroline still looked fantastic; her stride was easy, and she was still full of smiles. It then took 9:30 for the Russian twins to arrive, and a further 4:30 for Charne to arrive in fourth.

LYNNPARK BRIDGE was another anxious wait – not for Caroline, as by then I knew she couldn't be caught. But Charne was

flying, and I wondered: *does she have enough to catch the Russians?* With 15km to go, Charne had made up 4:30 in 10km, to sit right between the twins.

THE REST OF THE RACE is a funny story, really. My pacing chart had both girls flying through the final 15km. At Lynnpark I told Caroline she had a 9:30 lead (in fact, by the time the rest arrived it was actually 15:30); but she heard ‘1:30’, and so spent the last 15km in a state of panic, running as fast as she could!

IN THE END, Caroline ran the fastest final 8km of the day – and I'm including the elite men – and Charne the seventh-fastest. The one-two finish was too satisfying for words, and for a coach, a rare perfect day. I was very proud to be associated with these two ladies. Each walked a different journey, and the race was important to both for different reasons. But to see Caroline and Charne's joy and happiness, and to see how much fun they had on the route... I will look back on this race with fondness for years to come.

Lindsey Parry is the official Comrades coach, a Comrades silver-medallist, and one of SA's top coaches in both running and triathlon.



LONG OVERDUE
Gift Kelehe crosses the line to win his first Comrades Marathon – and emulate his brother Andrew, who won the race in 2001.

PART 2

HOW THEY WON THE COMRADES

WHAT DOES IT TAKE TO WIN THE COMRADES MARATHON? JOHN HAMLETT, COACH AND MENTOR TO GIFT KELEHE, THIS YEAR'S WINNER, SHARES THE SECRETS BEHIND MAKING A CHAMPION.

GIFT WINNING COMRADES was *not* an overnight success. It's taken us years to get him to where he is. You need to be able to train so that you can train more, and be able to take on a certain overload. You need to be able to run 250km a week, without injury, to be able to compete at this level.

THERE ARE FIVE IMPORTANT ELEMENTS of training that Gift had to master: speed, endurance, muscle endurance, power, and strength. You have to become the complete athlete to win the Comrades Marathon. You can't leave any one of those factors out. You need to make your weaknesses your strengths, and your strengths your super-strengths. That's why it's taken us a good nine years to get Gift to this place.

WE WORK ON AN EIGHT-WEEK training schedule. That's the blocks that we do. That's how long it takes the body to get to a new level. We trained in a very similar way to how Andrew did. In the last eight weeks before the race we trained at altitude, in Dullstroom, which is 2 000m

above sea level.

WE PUT GIFT ON A STRICT DIET, and he dropped from 56kg to 47kg in the final eight weeks before the race. He ate seven meals a day, ranging from breakfasts that included good egg protein to snacks. In the evening he would eat red meat with greens, but no carbs.

TO BE ABLE TO WIN THE COMRADES, you're always treading a fine line between getting strong and breaking down. Two years ago Gift got a stress fracture, and couldn't do the training needed to win – the level was too high.

I KNEW GIFT WAS IN SHAPE when he ran our regular Kruisfontein to Dullstroom route. Andrew would do it in about 3 hours 15 minutes, this monster route... but Gift did it in 2:50. I knew he was in good shape then, and ready to go. Gift is a very strong athlete all round, but he's really good on the hills.

DURING TRAINING, we do this 1 200m-long hill in Dullstroom called Dunkeld. It's the same length as Polly Shortts. It's the

highest point in Dullstroom, at 2 150m above sea level. When he got to the bottom of Pollys in the lead on race day, I told him that it was just one 'Dunkeld'.

THERE WERE A LOT OF DIRTY TACTICS out on the course this year. Lots of guys saying that the pace was too slow, and trying to psych the other guys out. But nobody made a move. There was lots of talk, but no action.

I USED A WHISTLE to tell my athletes how they were doing. When Gift took the lead I just gave the whistle one long blow, to tell him just to keep the pace constant, and maintain, maintain, maintain.

THE ETHIOPIAN [Mohammed Hussein] had a 1:50 gap with 30km to go, so I said to Gift that it was time to make the break and chase him down. Gift was really powerful, but it was essentially a two-hour fartlek session from there. At halfway, he'd been 50th.

A LOT OF GIFT'S TRAINING MATES from Samancor ran around him during the early stages of the

race, to protect him. They were part of the reason he won.

During Andrew's 2001 win we coined the phrase 'It's time to fly!', which we shouted at Andrew when he took the lead in the last 20km into Durban. This year we all had these wings on chains around our necks; and when Gift came past at the bottom of Pollys, I touched them, to show him. He knew what I was saying... it was *his* time to fly now!

WE TALKED A LOT ABOUT how he would feel on the day. The first 40km of the 'Up' run is a nightmare, and everyone's hurting, even though it's very early in the race. But everyone's feeling the same, so you just need to keep your head down.

WE HAD TO PREP Gift psychologically on the day. No negativity! And I used his brother Andrew to help keep him positive.

John Hamlett is the coach and manager of the Samancor Elite running team. He is a 2:18 marathon runner and a seven-time Comrades finisher, with a best of 7:08. 



Salomon Bastille Day Trail Run

Vive la France!



Trail runners navigate freezing-cold river crossings.



THE DETAILS

Date: Saturday 11 July

Venue: Old Bells Lodge, Berg River Dam, Franschhoek

Distance and time: 50km: TBA; 35km: 7am; 25km: 7:30am; 15km: 8am

Entries and registration: Pre-entries, available at www.energyevents.co.za, will close when sold out. No late entries.

Website: www.energyevents.co.za

WHAT TO EXPECT

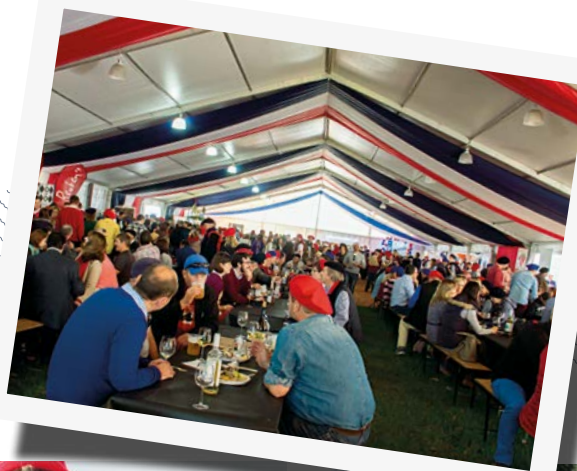
Freezing river crossings, breathtaking views – and a scary gorilla – make for an amazing adventure. Choose from a range of distances, including a 50km endurance run and an intermediate-level 15km.

FINISHED. NOW WHAT?

French maids welcome runners across the finish line with an Old Brown Sherry, sure to warm the cockles. Stick around for the prize-giving and the annual Bastille Festival.



A taste of France, close to Cape Town.



When in Franschhoek, eat French...

Mont Rochelle's Country Kitchen: like a scene from provincial France. 021 876 2770

La Petite Ferme: a French take on South African cuisine. 021 876 3016

Cafe des Arts: head chef Chris Hoffman comes from the Olympia Bakery in Kalk Bay. 021 876 2952

Fyndraai at Solms Delta: picnicking at the river's edge. 021 874 3937

WHERE TO STAY

In and around Franschhoek...

(Please note: during the Bastille Festival, these prices are subject to change)

Hotel

Le Franschhoek Hotel & Spa: from R1 515. 021 876 8900

Lodge

Pearl Golf Lodges: from R1 900. 083 257 6353

Guesthouse

Basse Provence Guesthouse: from R425. 021 876 2994

B&B

La Galinière Guest Cottages: from R800. 021 876 2579

Self-Catering

Kruger House Guest Cottages: from R980. 083 290 7459

Camping & Caravanning

De Hollandsche Molen Resort: rates available on request. 021 867 0160

WHAT ELSE TO DO IN FRANSCHHOEK AND SURROUNDS DURING THE BASTILLE FESTIVAL...

Wine estates...

Wine tasting on horseback at Paradise Stables; Rickety Bridge Winery; Mont Rochelle; Klein Dassenberg; Boschendal;

Chamonix; Dieu Donne

History...

Huguenot Memorial Museum; Huguenot Monument

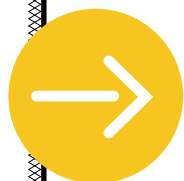
Adventure...

Cats se Pad hiking trail; Mont Rochelle Mountain Reserve; Franschhoek Cycles; mountain biking at the Berg River Dam; microlight and gyrocopter flights; Le Bonheur Crocodile Farm

Celebrate Bastille Day...

The French National Day commemorates the beginning of the French Revolution in 1789. Wear your beret (or buy one from street sellers), and dress in red, white and blue.

Food and Wine Marquee (www.webtickets.co.za); Franschhoek Boules Tournament; Delta Valley Entertainers; Porcupine Ridge Barrel-Rolling Competition; Farmers' markets (*more information at:* www.franschhoekbastille.co.za.)



RACE DIARY

All the July running, multi-sport and adventure race listings.

Compiled by Craig Duncan, race editor (rwraceeditor@gmail.com)

Charitable women in pink line the streets of Durban.



ED'S CHOICE



KWAZULU-NATAL

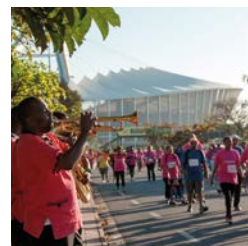
SUNDAY 19 JULY

5 10

Totalsports Women's Race (Durban)

Berea Rovers Sports Club, 73 Jacko Jackson Drive, Durban; 10km & 5km: 8am
Enquiries 021 511 7130
www.totalsportswomensrace.com

Celebrate all the women in your life – your mom, sister, aunt, or best girlfriend – by running or walking in support of the PinkDrive, a campaign aimed at improving breast cancer awareness and services to women across South Africa.



DISTANCE ICONS: FIND EVENTS WITH YOUR FAVOURITE DISTANCES QUICKLY, USING THE FOLLOWING KEY: 0-9KM 10-19KM 20-29KM 30+KM

WESTERN CAPE

BOLAND

No races scheduled for this period.

SOUTH WEST DISTRICTS

SATURDAY 4 JULY

2 5 10

Palm Tyres

Courtney Street (between McDonalds and Palm Tyres), George; 10km & 5km: 8am; 2km: 8:05am
Sidwell Oktober 078 395 8489 / Rosa-Linda Kock 083 739 1768
www.aswd.co.za

MONDAY 6 JULY

2 4

Athletics SWD & Knysna Marathon Club Business Relay

Steenbok Park, Leisure Island, Knysna; 4x500m (13 and younger) & 4 x1km (14 and older): 3pm
Athletics SWD (Michelle Jacobs) 083 442 2222
www.aswd.co.za

TUESDAY 7 JULY

1.6

Athletics SWD & Knysna Marathon Club Street Mile

Knysna Marathon Clubhouse, George Rex Drive, Knysna; 1.6km: 3pm
Athletics SWD (Michelle Jacobs) 083 442 2222
www.aswd.co.za

WEDNESDAY 8 JULY

5

Athletics SWD & Knysna Marathon Club Fun Run & 10km

Festival Grounds, Waterfront Drive, Knysna; 10km & 5km: 2pm
Athletics SWD (Michelle Jacobs) 083 442 2222
www.aswd.co.za

SATURDAY 11 JULY

5 21.1 42.2

Momentum Cape Times Knysna Forest Marathon

The Glebe, Knysna; 42.2km: 7am; 21.1km: 8am; Festival Grounds, Waterfront Drive, Knysna; 5km: 7:30am
Marianne Brown 076 195 4832
www.knysnamarathonclub.co.za

SATURDAY 18 JULY

5 10 21.1

Madiba Half Marathon

Garden of Remembrance, George; 21.1km, 10km & 5km: 8am
Alf Zemke 083 650 5098
www.aswd.co.za

SATURDAY 25 JULY

3 10 21.1

Beaufort West Municipality Walk

Rushdene Sport Grounds, Beaufort West; 21.1km & 10km: 7am
Selma 023 414 8020
www.aswd.co.za

WESTERN PROVINCE

SATURDAY 4 JULY

ORAK 12-hour Track Race

Vredendal Sports Grounds, Vredendal; various distances (minimum: 30km): 6am
Gerrie Cilliers 083 650 0642

SATURDAY 18 JULY

6 15

Fairbridge Mall 15km

Fairbridge Mall, Old Paarl Road, Brackenfell; 15km: 7:15am; 6km: 7:20am
William Swartbooi 084 247 7170

GAUTENG

CENTRAL GAUTENG

SUNDAY 12 JULY

5 10

Zoo Trot 10km & 5km

Centenary Lawn at the Johannesburg Zoo, Johannesburg; 10km & 5km: 7:30am
Sophia Mtshali 011 646 2000 (ext. 221)

GAUTENG NORTH

SATURDAY 4 JULY

5 10 21.1

Race 4 Friendship

The Fields, corner of Hilda and Burnett Streets, Hatfield, Pretoria; 21.1km & 10km: 7am; 5km Fun Run: 7:10am
Daan du Toit 082 572 4169

SATURDAY 11 JULY

5 10.5 25

AfriForum Springbok Vasbyt

Voortrekker Monument Piekniek Terrein, Pretoria; 25km & 10.5km: 7:30am (only after the aircraft has flown over – start could be delayed by a few minutes); 5km Fun Run: 7:40am
Connie 072 410 6461
www.facebook.com/vtmklub

SATURDAY 18 JULY

5 10 21.1

Garsfontein Ice Breaker (previously known as

Mooikloof Realtors 10km & 5km Winter Road Race)

Garsfontein Primary School, Zita Street, Garsfontein, Pretoria; 21.1km & 10km Run: 7am; 21.1km & 10km Walk: 7:10am; 5km Fun Run: 7:20am
Office 012 361 3618 / Rev Dalene Flynn 082 550 2808
www.nggars.org.za

SATURDAY 25 JULY

5 10 21.1

Zwartkop Half Marathon & 10km

Zwartkop Lap, Wierda Road, Centurion, Pretoria; 21.1km & 10km: 7am; 5km: 7:10am
Jacques Marais 076 759 7710

VAAL TRIANGLE

SATURDAY 18 JULY

5 10

Hi-Performance Midas Road Runners 10km

Old Vaaltonians Sports Ground, Abraham Kriel Street, Vanderbijlpark; 10km & 5km: 8am
Harry Spykstra 082 329 2481

EASTERN CAPE

BORDER

No races scheduled for this period.

EASTERN PROVINCE

FRIDAY 3 JULY

16.1

Washie 100-Miler

Halyards Hotel, East London; 161km: 5pm
Richard Patten 082 924 8320 / Meta Scott 071 074 8022
www.washie100.co.za
Note: No Griffin 50-Miler in 2015.

ED'S CHOICE



MPUMALANGA

SATURDAY 18 JULY

4.9 10 21.1

SuperSpar Grove Legogote

Villagers Half Marathon & 10km

White River Rugby Club, White River; 21.1km, 10km & 4.9km: 7am
Amanda Wessels 084 583 6945

All three distances follow an out-and-back route with views of the Legogote Little Mountain, and a section of the half marathon is run on dirt roads. Boerie rolls and pancakes available after the race.



SATURDAY 4 JULY

5.5

Running of the Bullshitters

The Scout Hall (at the bottom of Tippers Creek), Bluewater Bay, Port Elizabeth; 5.5km: 2pm
Leon Kilian 082 651 7520
www.runningofthebullshitters.com

SATURDAY 18 JULY

5

Beacon Bay Retail Park Breakfast Run

Beacon Bay Retail Park, Bonza Bay Road, East London; 5km: 7:15am
Natalie Kriel 079 417 8222
www.beaconbayretailpark.co.za

SUNDAY 19 JULY

5

East London Pet Pals 5km Fun Run/Walk

Buccaneers, Marina Glen, Beachfront, East London; 5km: 9:30am
Melany 083 800 5002 / Sue 082 850 8935
www.elpetpals.co.za

FREE STATE

No races scheduled for this period.

NORTH WEST PROVINCE

CENTRAL NORTH WEST

SATURDAY 18 JULY

5 10

Rassie Smith Memorial 10km

Orkney Cricket Club, Victory Park, Shakespeare Avenue, Orkney; 10km: 8am; 5km: 8:05am
Charles Wade 082 828 4357

NORTH WEST NORTH

No races scheduled for this period.

NORTHERN CAPE

GRIQUALAND WEST

No races scheduled for this period.

NORTH WEST CAPE

No races scheduled for this period.

KWAZULU-NATAL

SUNDAY 5 JULY

2 5 10 21.1 42.2

South Coast Sardine Marathon

Southcity Christian Schools, Ramsgate; 42.2km & 21.1km: 6:30am; 10km & 5km: 7:45am; 2km Trail Run: 9am; 50m Nappy Dash: 10am
Debbie Ridley 082 441 5370
www.southcoaststriders.co.za

SEARCH THE COMPLETE LIST OF RACES IN SOUTH AFRICA: WWW.RUNNERSWORLD.CO.ZA/RACE-CALENDAR

SUNDAY 12 JULY

10

Waterfall Super Spar Forest 10km Run/Walk

Forest Hills Athletic Club, 42 Forest Drive, Kloof, Durban; 10km: 7am
Graeme Jackson 083 289 092
www.foresthillsac.co.za

MPUMALANGA

SATURDAY 11 JULY

10 21.1

Hall's Half Marathon & 10km

Halls Gateway to the Lowveld, N4, Mataffin, Nelspruit; 21.1km & 10km: 7am
Mark Greeff 083 299 3779

LIMPOPO

SATURDAY 25 JULY

Savannah Mall 3-in-1

5 10 21.1

Southern Parking, Savannah Mall, Flora Park, Polokwane; 21.1km & 10km: 7:30am; 5km: 7:35am
Martin Potgieter 083 626 6735

TRAIL RUNNING

SATURDAY 4 JULY

10 20

BURRY STANDER Trail Run 2015 (MTB Classic 5 July)

Port Edward Holiday Resort, Beach Front, Port Edward; 20km: 7:30am; 10km: 7:45am
Mark Thornton-Smith 084 550 4138
www.one-way.co.za

8 15 30

Oldenburgia Trail Run

Grey Dam, Grahamstown; 30km: 7:30am; 15km: 8:30am; 8km: 9am
John 082 803 5734

2 8 16

Tough Man Trail Run Series

Freedom Trails, 40 Shongweni Road, Hillcrest; 16km, 8km & 2km: 7am
B-Active Sports Marketing 031 764 1885
www.bactive.com

5 12 18

Umhlanga Trail Run and Walk

Umhlanga Beachfront; 18km, 12km & 5km: 6am
Riverside Trail 082 777 7073
www.kzntrailrunning.co.za

SUNDAY 5 JULY

5-7 10-13

Spur Gauteng Winter Trail Series™ 4 of 4

Leeuwenkloof, R3, Broederstroom, Hartbeespoort Dam; 10-13km: 9am; 5-7km: 9:15am
Wildrunner 021 821 9898 / 072 438 3242
www.trailseries.co.za

6 12

Tortoise Winter Run

Skilpadvlei Wine Farm, Polkadraai Road, M12, Stellenbosch; 12km: 8am; 6km: 8:15am
Marquerite Schutte 021 881 3237 (ext. 3)



ED'S CHOICE



WESTERN PROVINCE (TRAIL RUNNING)

SUNDAY 5 JULY

5 10 15

Wine Adventure Trail Run

Warwick Wine Estate (on the R44, around 12km from Stellenbosch); 15km: 9am; 10km: 9:15am; 5km: 9:30am
Dirtopia Trail Centre 021 884 4752
www.dirtopia.co.za

Run and climb on single tracks and jeep tracks through the neighbouring farms of the Simonsberg Conservancy, and up to the lapa on Klapmutsop. Take in the beautiful views, and have some fruit and a drink at the refreshment station.



The jeep tracks and single tracks that wind through the vineyards are newly built.



ED'S CHOICE



SOUTH WESTERN DISTRICTS (WALKING)

MONDAY 6, WEDNESDAY 8 & FRIDAY 10 JULY

3 6 10

FNB Forest Family Hike

Knysna Forest, Knysna; 10km, 6km & 3km; Trail Run: 8:30am; Hike: 9am-12pm.

Paul 082 990 8408 / Andie 082 468 3081

www.oysterfestival.co.za/events/fnb-forest-family-hike/

www.electricink.co.za/event/familyforesthike

Fun and healthy, and for the whole family, these trail runs and hikes promote the ecological importance of the forest.



A healthy and educational way to spend quality time with your family.

TUESDAY 7 JULY

11 15

Salomon Featherbed Trail Run, presented by GU

Cruise Café, Waterfront Drive, Knysna; 15km

Coelacanth & 11km Seahorse: Morning: 7:30am;

Midday: 11:30am; Afternoon: 15:30pm

Magnetic South 044 382 2932

www.magneticsouth.net

WEDNESDAY 8 JULY

4 8

Jackal Creek Night Run Series

Jackal Creek Golf Estate, Boundary Road, Northriding,

Randburg; 8km & 4km: 7:20pm

Corné Van Zyl 011 053 9153

www.facebook.com/jackalcreekgym

4 8

Kinetic Night Trail Run (July)

Houghton Golf Club, Osborn Road, Johannesburg;

8km: 7:30pm; 4km: 7:40pm

Stephan Muller 083 226 3265

www.kineticgear.co.za

SATURDAY 11 – SUNDAY 12 JULY

20

JbayX

11 July: WinterFest Kabeljous Hub, Jeffreys Bay;

20km: 7am; The Windmill Coffee Shop @ Impala

Ranch, Jeffreys Bay; 20km: 7pm; 12 July: Happy

Hippo Venue @ Seekoerivier, Jeffreys Bay; 20km:

7am

Rieghard Janse van Rensburg 071 896 6831

www.jbayx.co.za

SATURDAY 11 JULY

6 14

Spirit of Adventure

Shongweni Dam, 43 Old Main Road, Hillcrest; 14km

& 6km: 7am

www.kzntrailrunning.co.za

52

The 27th UTi Rhodes Trail Run

Rhodes (a small hamlet in the Southern Drakensberg, alongside the Bell River); 52km: 7am

Evie 041 581 6307

www.rhodesrun.za.net

SUNDAY 12 JULY

9 15 27

Houtkapper Trail Run

Goudveld, Rheendal, Goudveld Road, Knysna;

27km, 15km & 9km: 8:30am

Mihan Roos 082 537 6167

www.knysnamarathonclub.co.za

6 12

Tortoise Winter Run

Skilpadvlei Wine Farm, Polkadraai Road, M12,

Stellenbosch; 12km: 8am; 6km: 8:15am

Marquerite Schutte 021 881 3237 (ext. 3)

WEDNESDAY 15 JULY

5-6 8-10

Merrell Night Run powered by Black Diamond

Giba Gorge, 110 Stockville Road, Pinetown, Durban;

8-10km & 5-6km: 6:30pm

Tatum Prins info@mountainrunner.co.za

www.mountainrunner.co.za

SUNDAY 19 JULY

8 20

Captain Carrot Run

Ingwe Bush Camp, Nootgedacht Provincial gravel

road, Hekpoort; 20km & 8km: 7:30am

Nina Durieux 083 275 2362

www.myroadlesstravelled.co.za

8 13

Gluhwein Trail Run @ Delheim

Delheim Wine Estate (on the R44, just outside

Stellenbosch); 13km: 9:15am; 8km: 9:30am

Dirtopia Trail Centre 021 884 4752

www.dirtopia.co.za

5 15

Gooderson Drakensberg Gardens MTB and Trail Running Challenge

Drakensberg Gardens Golf & Spa Resort,

Drakensberg Gardens Road, Underberg; 15km:

9:30am; 5km: 10am

Dave Ward 082 492 1995

www.wardevents.co.za

9.1 16

Spur Cape Winter Trail Series™ 1 of 4

Paul Cluver Estate, Grabouw; 16km: 9am; 9.1km: 9:21am
Wildrunner 021 821 9898 / 072 438 3242
www.trailseries.co.za

46

Spur GLB46 Ultra

Paul Cluver Estate, corner of De Rust Estate, Kromco, N2, Grabouw; 46km: 7:30am
Wildrunner 021 821 9898 / 072 438 3242
www.trailseries.co.za

6 12

Tortoise Winter Run

Skilpadvlei Wine Farm, Polkadraai Road, M12, Stellenbosch; 12km: 8am; 6km: 8:15am
Marquerite Schutte 021 881 3237 (ext. 3)

SATURDAY 25 JULY

15

First Ascent Forest 15km

Tokai Forest picnic area, Tokai, Cape Town; 15km: 6:30am
Gavin Wright 072 142 7263

40

Hout Bay Trail Challenge

Hout Bay Harbour, Hout Bay, Cape Town; +/- 40km: 7:30am
Richard Sutton 081 818 9190
www.houtbaychallenge.co.za

10 21 40

The Crazy Store 1000 Hills Trail Challenge

Nagle Dam Picnic Site, Pietermaritzburg; 40km: 7:30am; 21km: 8am; 10km: 8:30am
Andrew Booth 082 603 4098
www.kzntrailrunning.co.za

SUNDAY 26 JULY

6.9 12.7

Spur Cape Winter Trail Series™ 2 of 4

Tygerberg Nature Reserve, Tygerberg Hills (close to Cape Town); 12.7km: 9am; 6.9km: 9:21am
Wildrunner 021 821 9898 / 072 438 3242
www.trailseries.co.za

6 12

Tortoise Winter Run

Skilpadvlei Wine Farm, Polkadraai Road, M12, Stellenbosch; 12km: 8am; 6km: 8:15am
Marquerite Schutte 021 881 3237 (ext. 3)

ADVENTURE RACING

No races scheduled for this period.

MULTISPORT

WEDNESDAY 8 & THURSDAY 9 JULY Totalsports XTERRA PEZULA Kids, Lite & Full Pezula Field of Dreams, Knysna

8 JULY

Totalsports XTERRA PEZULA Kids, presented by REHIDRAT SPORT

6-8 years: 1.5km MTB, 500m trail run
9-11 years: 5km MTB, 2km trail run
12-14 years: 10km MTB, 3km trail run

9 JULY

Totalsports XTERRA PEZULA Full & Lite, presented by REHIDRAT SPORT

Lite: 3km trail run, 12.5km MTB, 3km trail run
Full: 3km trail run, 23km MTB, 7km trail run
Disciplines: trail running, mountain biking
Website: www.stillwatersports.com

NEIGHBOURING STATES

NAMIBIA

For more info on Namibia events, contact Wilma van Niekerk on +264 81 127 0707 or niekerk1@iafrica.com.na

ZIMBABWE

For more info on Zimbabwe events, contact Lady Rowena Melrose on +263 77 230 0953 or rowena.melrose@gmail.com

WALKING

WESTERN PROVINCE

THURSDAY 2 JULY

Tygerberg Full Moon Fun Run & Hike

Welgemoed entrance of the Tygerberg Nature Reserve, Tygerberg Hills (close to Cape Town); 5km: 5:30pm
Wildrunner Office 021 821 9898
www.wildrunner.co.za

SOUTH WEST DISTRICTS

SUNDAY 12 JULY

Pick n Pay Women's Walk

Festival Pavilion, Festival Grounds, Waterfront Drive, Knysna; 5km: 8am
Candice Cornelissen 021 426 5775
www.picknpay.co.za

KWAZULU-NATAL

SATURDAY 25 JULY

Pick n Pay Women's Walk

TBC; 5km: 8am
www.picknpay.co.za

GAUTENG

SUNDAY 26 JULY

702 Walk the Talk

Marks Park Sports Club, Judith Road, Emmarentia; 15km: 7:30am; 8km: 9am; 5km: 11am
Race office 011 017 2700
www.walkthetalk.co.za

WESTERN PROVINCE

FRIDAY 31 JULY

Tygerberg Full Moon Fun Run & Hike

Welgemoed entrance of the Tygerberg Nature Reserve, Tygerberg Hills (close to Cape Town); 5km: 5:30pm
Wildrunner Office 021 821 9898
www.wildrunner.co.za



Ask The Coach Tips and tactics for acing race day

RISKY BUSINESS

I've missed the last two Comrades due to illness, and problems with my ITB. How do I avoid injury? – CHRIS, Paternoster

Whether through injury or illness, your body *will* break down if you either overtrain, or don't allow for adequate recovery.

In order to reduce your risk, don't increase weekly mileage by more than 10%; and individual training sessions shouldn't be longer than 30% of your total weekly volume. After your qualifying marathon, be sure to factor in extra recovery time to allow your body and immune system to heal. Listen to your body during peak training, and back off if you feel you're overly tired and/or sore.

Repeatedly broken down with the same injury? Then it's time to consider your biomechanics. This means your running mechanics, flexibility, strength and proprioception (your body's ability to stabilise through movement and on contact with the ground) – all of which can be assessed by a reputable physiotherapist, podiatrist or biokineticist. Correcting these imbalances becomes more important than running itself, because addressing the problem before you resume running will help nip it in the bud.

With repeated ITB injury, the most likely cause is very tight and strong hip flexors, and very weak glutes. I call this the 'sitting disease', because sitting and poor posture lead to inactive glutes.

Lindsey Parry is a qualified biokineticist, Two Oceans and Comrades silver medallist and 2:47 marathoner. Email him at lindsey@hpc.co.za.

Back of the Pack

BY BRUCE PINNOCK

BODY OF EVIDENCE

"Listen to your body", the experts advise. But how do you know it's telling the truth?

My body sends out regular pain signals, cleverly disguised as warnings of imminent disaster, ranging from a leg on the verge of rigor mortis to a pair of lungs about to blow a gasket. All of which are cunningly aimed at making me stop moving – so that my bone-idle body has the perfect excuse to put its feet up and goof off.

In my opinion, the concept of 'listening to your body' is outdated; and it sounds so... narcissistic. It's stuck in a time when home mechanics was popular. When your Volkswagen Beetle malfunctioned, you'd get your mate – the one who talked obsessively about internal combustion – to listen to your engine. He'd bend down and look up your exhaust pipe; and then he'd whistle in *that* way – you know, the whistle that accompanies a shake of the head, and a comment like "Burning too rich. When was the last time you changed the plug?"

Well, those days are long gone. I for one certainly wouldn't trust some guy to diagnose why my body was malfunctioning just by bending down to look up my exhaust pipe. We need a modern way of extracting the truth from our bodies – preferably, without having to resort to torture.

Just the other day I was out running when my body fired a warning message. It was a signal as clear as the flashing red light on your dashboard that tells you you've run out of petrol. The message was

only two words long, but it said it all: heart attack.

Just like that.

Naturally, my first instinct was to check, frantically, if my heart was still working. Not a beat. Nothing. *Has it stopped?* There was only one thing for it: I came to an abrupt halt. When your body tells you that its very engine is about to spontaneously combust, and you subsequently find it's not pulling your leg, you panic.

The runners who cannoned into the back of me when I stopped dead may well have been concerned for my well-being – although they certainly didn't show it.

"What the...? What are you stopping for?" demanded Jack,

"The message was only two words long, but it said it all: heart attack."

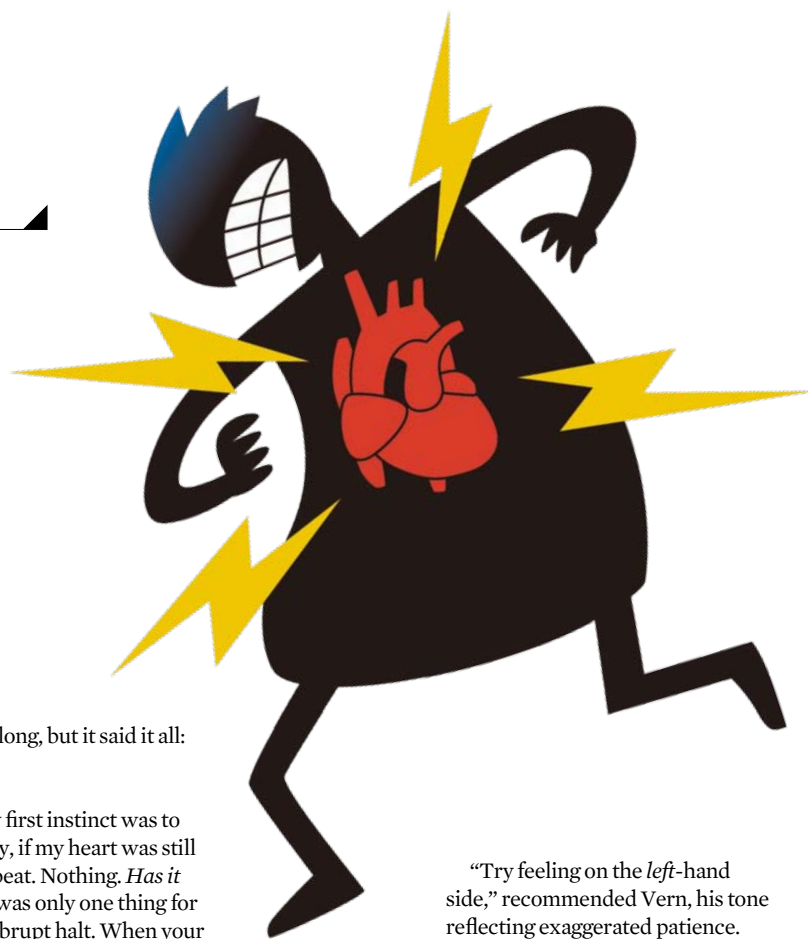
seemingly irritated.

"My heart has stopped," I declared, with a dramatic pause for effect.

The reaction that followed wasn't at all what I expected. In fact, it was less than appropriate. "Don't talk sh*t," said Mike, rolling his eyes skyward, before he demanded, "Feel it again."

"Nothing," I said.

Another pregnant pause followed.



"Try feeling on the *left*-hand side," recommended Vern, his tone reflecting exaggerated patience.

Lo and behold, there my heart was on the left-hand side, beating happily away as if nothing had happened.

"*Jislaaik*, Bruce. Do you also have trouble finding your arse with both hands?" Mike continued, enraged.

It was embarrassing, to say the least. But the point of all this isn't which side of your body your heart is on; rather, it's about the string of lies, deceit, and downright tomfoolery that our bodies put us through. What we need is cutting-edge technology, like spyware, to decipher this misinformation. Maybe a computer chip, hidden inside a dark corner, just behind the eardrum.

This is possible, if you think of all the technological advances that have been made. Take motoring, for example: today, petrol gauges – probably faulty anyway – can be ignored. At the touch of a button, your car will tell you how many kilometres it can still go. Just imagine the implications if we runners knew that about our bodies!

I can't wait for the day when that computer chip arrives (probably inserted through the left nostril), reads our bodies, and says, "Ignore your creaky knee. You've still got 10 kilometres left in those legs. Stop being so lazy!" 



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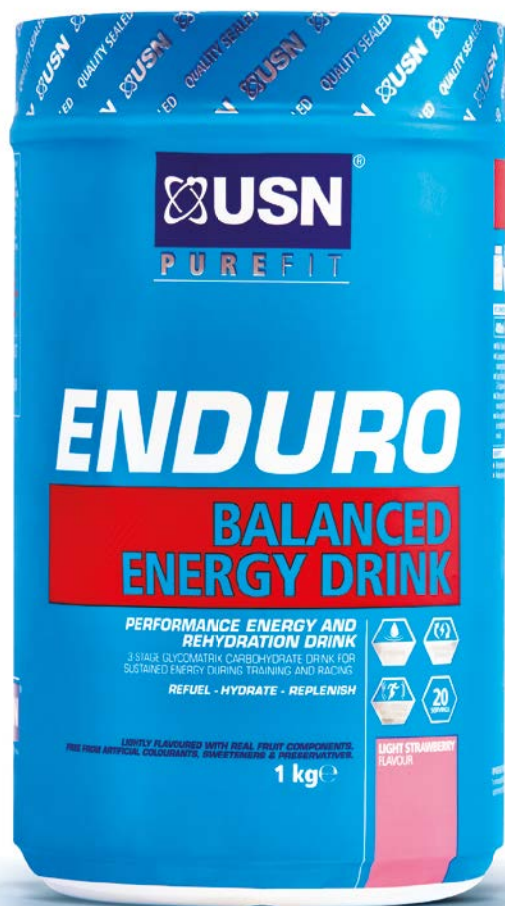


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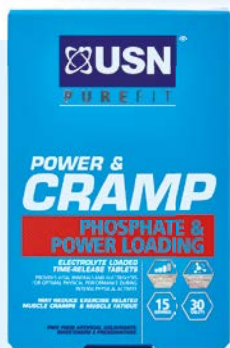
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TAKE AFTER TRAINING